

AUSTRALIAN diabetic LIVING



ELLIE'S STORY

*"I still want
that cure"*

*Power up
with our
guide to*
PROTEIN



**PASTA WITH
PARSLEY &
HAZELNUT
PESTO**

See page 41

PLUS!

*Mel Doyle's
guide to
managing
menopause*

FEEL-GOOD food

✓ NO-COOK, 20-MINUTE DINNERS

✓ EASY MIDWEEK MEALS ✓ SHOW-OFF SALADS

YES, PLEASE
Last-minute, lower-
carb Christmas!

ALL RISE
Stand up for
your health

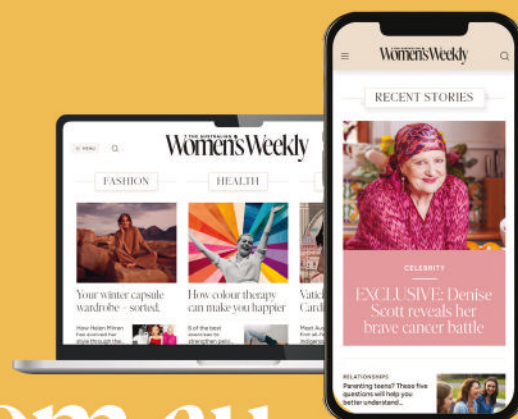
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NEWS ROYALS LIFESTYLE HEALTH BEAUTY MONEY TRAVEL



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IMMEDIATE MEDIA

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SPECIAL OFFER
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JANUARY/FEBRUARY 2024

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OUR EXPERTS

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Psychologist

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Diabetes educator

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Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

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**Exercise physiologist
& diabetes educator**

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Dr Ramy Bishay

**Endocrinologist
& bariatric physician**

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

welcome



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Season of joy

As I write this letter there's that pre-summer-holiday-feeling in the air. The days are longer and warmer, Christmas decor is springing up everywhere (even my own front door!) and plans are being made for family get-togethers and getaways. It's a wonderful time of year and it's easy to get swept up in the jolly chaos of it all. However, it's still important to be mindful of our health. As much as I enjoy party leftovers for breakfast on occasion, I also enjoy the extra time the holidays give me to cook healthy meals and do a bit more exercise and moving than usual. What are your plans for the summer holiday period?

In this issue, we've got an easy, last-minute Christmas lunch that's lower-carb and lower-budget. We've also got some Christmas baking for you to gift or serve to drop-in visitors as well as stress-free midweek meals. Summer is salad season and on page 68 you'll find some epic examples that are sure to impress even those non-salad lovers among us.

If your portion sizes tend to err on the side of "more, please" over the party season, take a look at our feature on page 105 for some timely reminders about healthy helpings. Then take a look at Dr Kate Marsh's feature on building habits that support rather than thwart your commitment health. The new year is a great time to pause, reflect and recommit to making positive changes. What's a new habit you'd like to work on? Wishing you a wonderful summer and a joyful Christmas.

Alix

Alix Davis,
Editor

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NEXT
ISSUE
ON SALE
FEB 15



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PHOTOGRAPHY IMMEDIATE MEDIA AND GETTY IMAGES

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
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CURING
TYPE 1
DIABETES.

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Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

XXXXXXXXXX

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes

YOUR healthy life

The latest news on diabetes, fitness, bone health and podcasts

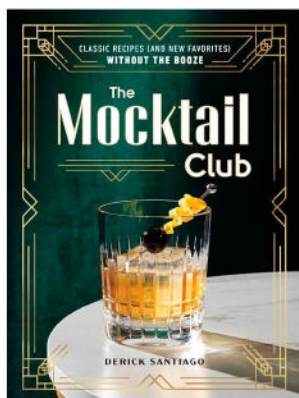


Another reason to get an early night

A new UK study has revealed an important message for people who consider themselves to be 'night owls' rather than 'early birds' – people with later sleep and wake times have a greater risk of developing diabetes than those with early-bird sleep habits. The research also showed that night owls tend to have less healthy lifestyles. For example, compared to early birds, night owls are more likely to drink alcohol in higher quantities, have a lower-quality diet, get less sleep each night and have weight and physical activity rates in the 'unhealthy range'.

As a result, when the researchers controlled for unhealthy lifestyle behaviours, the link between late sleep and wake times and diabetes risk did significantly reduce, but still remained.

This suggests that, on its own, going to bed and rising late is a risk factor for type 2 diabetes.



The Mocktail Club

By Derick Santiago

Adams Media, \$16.99 (eBook)

Looking to experience the joy of cocktail mixology without the bar, crowd or booze? The

Mocktail Club has you covered. From plays on classic cocktails to new flavour concoctions, the 75 creative mocktails in this book are all about fresh ingredients minus the alcohol. Learn to make a citrus rose martini, a spicy pineapple margarita, a whiskey sidecar and more!

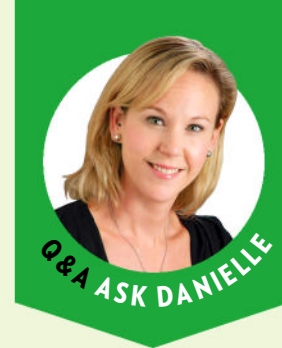
SAVE THE DATE

February is Ovarian Cancer Awareness Month (OCAM).

Held each year, OCAM strives to educate people about the disease as well as elevating the voices of women impacted by it. It's also designed to generate more funding for research and greater access to affordable treatment options for ovarian cancer, which currently has the poorest survival rate of any female cancer in Australia. From making a donation to buying a teal ribbon or hosting a Teal Tea, there are so many ways to get involved. Learn more at ovariancancer.net.au and ocrf.com.au.

New wound-healing gel shows promise

An innovative, first-of-its-kind wound-healing gel that has the potential to heal diabetes-related wounds three times faster has been developed by researchers in Singapore. Containing skin cells for healing as well as magnetic particles, once applied the gel is then connected to a wireless external magnetic device for an hour or two to accelerate the healing process. While still at the lab-test stage, it's hoped that once available, the gel-based treatment will also reduce the rate of wound recurrence in the same spot, lowering the risk of limb amputations at the same time.



Q: I know it's important to treat any injuries or unexpected changes to my feet seriously, but I'm confused about which signs and symptoms need urgent attention and which are a little less urgent?

Danielle says: Almost all 'routine' foot problems can become urgent if what you're experiencing is new or uncommon for you, or you suspect an infection, acute inflammation and/or pain. What is urgent for one person may not be as urgent for another, depending on your level of risk of foot problems as assessed at your regular foot exam. It is important to seek guidance and help from your health provider.

The common problems that require urgent attention include:

Infection Signs include redness, swelling, warmth, pus, or a foul odour, with or without pain, coming from a wound or any part of your foot, for example an ingrown toenail, calluses or blisters.

Non-healing wounds. For example open cuts, abrasions, sores, ulcers or ingrown toenails that aren't showing signs of improvement.

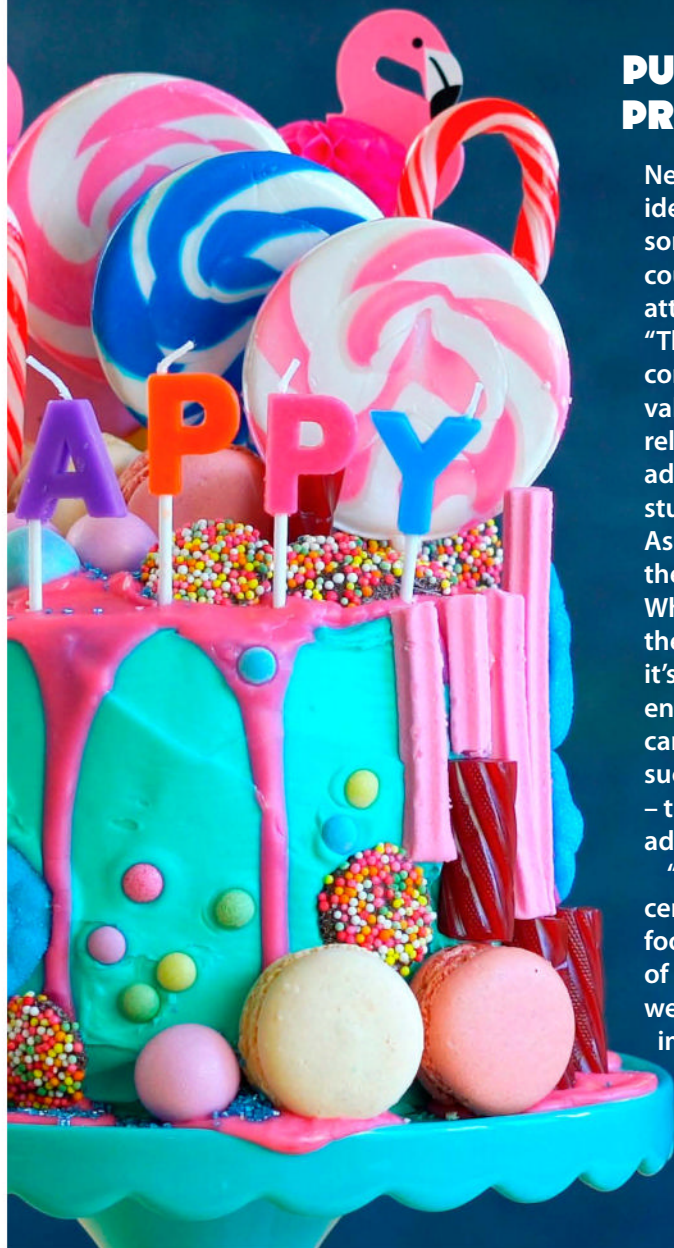
Severe pain If you experience sudden, severe pain in your foot, it could be a sign of a fracture, acute infection or another serious issue.

Foot swelling If one or both of your feet swell suddenly and you don't know the cause, especially if it's accompanied by other symptoms.

Changes in colour Sudden changes in the colour of your toes or feet, such as bluish or purple discoloration, can indicate circulation problems.

~~~~~  
Danielle Veldhoen, podiatrist





## PUSH TO LABEL JUNK AND ULTRA-PROCESSED FOOD AS ADDICTIVE

New research suggests identifying and labelling some foods as addictive could help shift people's attitude towards them. "There is converging and consistent support for the validity and clinical relevance of food addiction," says one of the study's authors, Professor Ashley Gearhardt, from the University of Michigan. While not all foods have the potential for addiction, it's those that provide energy in the form of both carbohydrates and fat – such as a chocolate bar – that increases a food's addictive potential.

"By acknowledging certain types of processed foods have the properties of addictive substances, we may be able to help improve global health," says Professor Gearhardt.

An Australian expert who wasn't involved

in the research, backs the proposal for Australia.

"Prevalence of food addiction is 14 per cent in adults and 12 per cent in children," says Curtin University Public Health Advocacy Institute Director Associate Professor Christina Pollard. "The latter figure is extremely concerning. Warning labels on foods that are really detrimental to health are a good idea – and quite a few countries have added a warning label based on fat, sugar and salt content because it's associated with being overweight and brings a high risk of cancers and other diseases.

"There is good evidence when warning labels have been implemented, promoted and taught to children, they're beneficial and people start to curb their consumption."

## BUSTING SHINGLES MYTHS AND MISCONCEPTIONS

One in three adults in Australia will develop shingles in their lifetime and the risk may be 20 per cent higher for people living with diabetes. Worryingly though, new consumer research shows there's a lack of awareness about the condition, with nearly 45 per cent of people saying they don't think shingles would negatively impact their lives if they got it. In reality, it can be both painful and debilitating. Many people also believe that having a history of chickenpox means they're unlikely to develop shingles in their lifetime – when in fact, the exact opposite is true. Shingles is actually caused by the same virus responsible for chickenpox, which means anyone who's had chickenpox is at risk of developing shingles. If you're over 50, talk to your doctor about shingles and getting vaccinated against it. While vaccination doesn't guarantee you won't get shingles, it significantly reduces your chances.







## RED MEAT & TYPE 2 DIABETES

Recent research shows that compared to people who eat very little red meat, those who eat a lot of it are 62 per cent more likely to develop type 2 diabetes.

In fact, even eating just two servings of red meat, whether it's processed or unprocessed, per week may increase the risk of type 2 diabetes. On the other hand, the study showed that replacing red meat with healthy plant-based sources of protein, such as nuts and legumes, had the opposite effect. Based on the study's findings, the researchers say limiting red meat intake to roughly one serving per week is a good idea for health and wellbeing.



**Q:** With the weather being so warm, I've been eating lots of salads – but I'm really bored with my usual go-to lettuce-based garden salad. I desperately need some 'salad inspiration'. Help!

**Kate says:** Salads are great but can get boring if garden salad is your only option. Here are a few ideas for satisfying salad meals.

**Roast vegetable salad** Toss sliced zucchini, eggplant, capsicum and pumpkin or sweet potato, in olive oil and herbs and roast in the oven. Combine with baby spinach, cherry tomatoes and chickpeas and drizzle with tahini and lemon juice.

**Asian noodle salad** Combine buckwheat soba noodles, finely shredded Chinese cabbage, grated carrot, thinly sliced cucumber and radish, edamame beans, coriander and chopped peanuts and dress with a combination of sesame oil, soy sauce, ginger and garlic.

**Quinoa tabbouli** Combine cooked quinoa, finely chopped parsley and mint, diced tomatoes and olive oil and lemon juice. Serve with falafel and hummus.

### **Mexican bean and corn salad**

Combine chopped lettuce, sliced cucumber and capsicum, canned corn and kidney beans and sliced avocado and dress with lime juice and finely chopped coriander.

**Tuna and bean salad** Combine baby spinach leaves, cherry tomatoes, sliced cucumber, finely sliced red onion, canned tuna in olive oil and cannellini beans and sprinkle with freshly squeezed lemon juice.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

# 20%

How much you'll cut your risk of heart disease simply by walking up five flights of stairs, or in other words, taking at least 50 'climbing stairs' steps on a daily basis. "Short bursts of high-intensity stair climbing are a time-efficient way to improve cardiorespiratory fitness and lipid profile, especially among those unable to achieve the current physical activity recommendations," says author of the new study, Dr Lu Qi from Tulane University in the US.



### **The Official Veganuary Cookbook**

By Veganuary  
Thorsons, \$22.99 (eBook)

January is Veganuary, a month dedicated to encouraging people to move to a plant-based diet, so why not get involved by grabbing a copy of the movement's first official cookbook? From one-pots and traybakes to sweet and savoury breakfasts, creamy pastas, crunchy burgers and fresh, seasonal salads, there are 100 delicious vegan recipes to cook and enjoy.





## Beyond heart disease

A new paper looking at the causes of death among adults with type 1 and type 2 diabetes in Australia shows that while deaths from heart disease are declining, deaths related to some other types of complications are increasing.

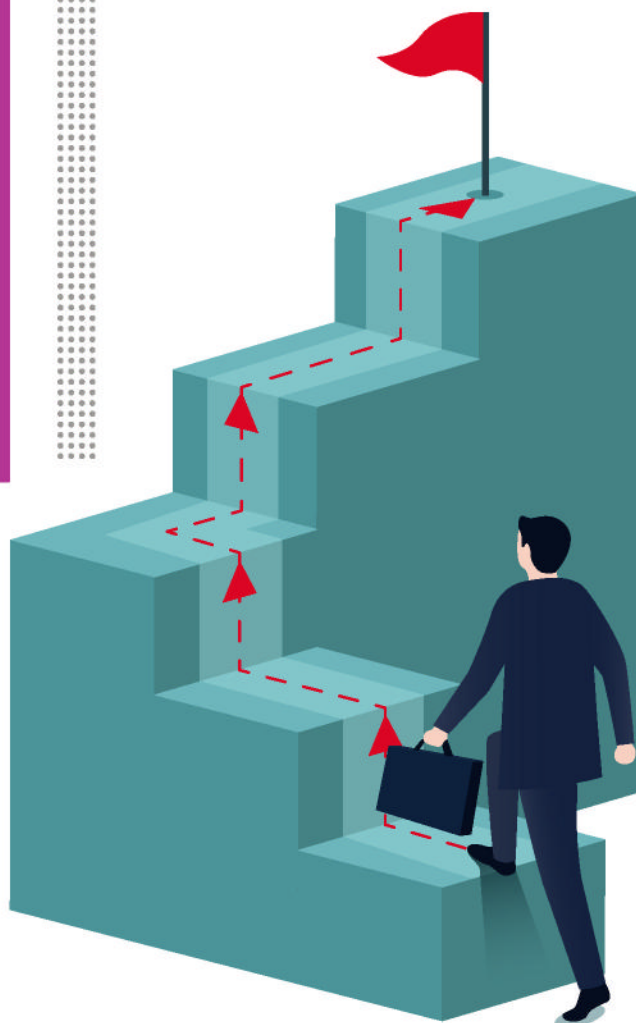
The study of more than 1.3 million people in Australia with diabetes, by researchers at the Baker Heart and Diabetes Institute, suggests people living with diabetes need to be more mindful of the increased risk diabetes represents for developing dementia and experiencing a fall, on top of traditional complications like heart disease. For example, a report released by the Institute in 2020 shows that Australians living with type 2 diabetes have a 60 per cent higher chance of developing dementia than those without diabetes. Similarly, if you have diabetes, your risk of having a fall could be more than 30 per cent higher than someone without the disease. “Diabetes increases the risk of numerous other diseases that most people may not understand are linked,” says the Institute’s Head of Clinical Diabetes and Epidemiology, Professor Jonathan Shaw. “It is important that this message is clear when it comes to prevention, treatment and healthcare resourcing.”

## STEP UP TO COMBAT HIGH BLOOD PRESSURE

It’s official – the more steps you take, the healthier your blood pressure is likely to be. That’s according to new research from Iowa State University which asked a group of sedentary older adults living with high blood pressure to increase their daily step count by 3000 steps. A goal that took their overall tally to about 7000 daily steps, by the study’s end participants had significantly reduced their blood pressure. On average, systolic blood pressure, which is the top reading, decreased by seven points and diastolic blood pressure fell by four points, a result that’s been linked to a 36 per cent reduction in the risk of having a stroke.

## LIVING WITH AN AUTOIMMUNE DISEASE? READ THIS...

A new study out of the US suggests that ginger supplements may help to control inflammation for people living with autoimmune diseases such as lupus and rheumatoid arthritis. This is key because it’s an inflammatory process called NETosis that contributes to many autoimmune diseases. “We found that ginger can help to restrain NETosis and this is important because it is a natural supplement that may be helpful to treat inflammation and symptoms for people with several different autoimmune diseases,” says senior author of the study, Associate Professor Kristen Demoruelle from the University of Colorado School of Medicine. People taking part in the study took a daily ginger supplement containing 20mg of gingerols per dose.



WORDS: KAREN FITALL. PHOTOGRAPHY: GETTY IMAGES.



# HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



**DIABETES AUSTRALIA** This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit [diabetesaustralia.com.au](http://diabetesaustralia.com.au).

## **THE NATIONAL DIABETES SERVICES SCHEME (NDSS)**

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit [ndss.com.au](http://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

## **AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)**

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to [adea.com.au](http://adea.com.au) to use the 'Find a CDE' service or call **(02) 6173 1000**.

## **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to [jdrf.org.au](http://jdrf.org.au) to find out more.

**FOOT FORWARD** Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit [footforward.org.au](http://footforward.org.au)

**KEEPSIGHT** As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit [keepsight.org.au](http://keepsight.org.au)

**MYDESMOND** Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to [mydesmondaustralia.com.au](http://mydesmondaustralia.com.au) to join.

## **NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit [ndis.gov.au](http://ndis.gov.au) or call **1800 800 110** for more information.





### LOWER-CARB OPTION

Omit the brown rice & quinoa and serve each portion on 1 cup of warm broccoli & cauliflower rice.

### NUTRITIONAL INFO

**PER SERVE** 1290kJ (309Cal),  
**protein** 13g, **total fat** 18g (sat. fat 3g), **carbs** 19g, **fibre** 10g, **sodium** 226mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



**MONDAY**

**Stuffed zucchini**  
Recipe, page 18



# 5 DAYS DINNERS

Bring fresh meals to your repertoire with these  
flavour-packed summer dishes

## TUESDAY

Prawn salad with orange,  
red onion & avocado

*Recipe, page 18*



### COOK'S TIP

You can replace the prawns with 250g skinless chicken breast fillet, simply chargrill or pan-fry. Cool slightly and shred.



## WEDNESDAY

GFO LC

### ROASTED PUMPKIN WITH PESTO & MOZZARELLA

**PREP** 15 MINS **COOK** 40 MINS

**SERVES** 2 (AS A MAIN)

500g (½ small) butternut  
pumpkin, halved, deseeded,  
unpeeled, cut into 2cm-thick  
slices

1½ tsp olive oil

½ tsp chilli flakes

Freshly ground black pepper

½ red onion, cut into thin wedges

1 red capsicum, cut into chunky  
pieces

25g (1 cup) rocket leaves

Juice of ¼ lemon

80g fresh mozzarella

2 tbsp basil pesto or gluten-free  
pesto

**1** Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Toss the pumpkin with 1 tsp of the oil, chilli and freshly ground black pepper in a bowl. Spread out on the tray in a single layer. Bake for 15 minutes.

**2** Remove the tray from the oven and turn the pumpkin. Scatter the onion and capsicum over the top and return to the oven for a further 25 minutes or until all the vegetables are tender and lightly charred.

**3** Toss the rocket leaves with the remaining oil, lemon juice and some pepper. Pile onto plates and arrange the pumpkin, onion and capsicum on top. Tear the mozzarella over the salads and spoon over the pesto. Serve warm.

#### NUTRITIONAL INFO

**PER SERVE** 1680kJ (403Cal),  
**protein** 19g, **total fat** 23g (sat. fat  
8g), **carbs** 26g, **fibre** 9g, **sodium**  
531mg • **Carb exchanges** 1½ • **GI**  
**estimate** low • **Gluten free option**  
• **Lower carb**





THURSDAY

GFO

THAI-STYLE FISH BROTH WITH GREENS

**PREP** 10 MINS **COOK** 15 MINS  
**SERVES** 2 (AS A MAIN)

100g Pandaroo Brown Rice Vermicelli  
250ml (1 cup) salt-reduced chicken stock or gluten-free stock  
250ml (1 cup) water  
1 tbsp Valcom Thai red curry paste

4 fresh or dried makrut lime leaves  
2 tsp fish sauce  
200g skinless and boneless white fish fillets, cut into 3cm cubes  
200g raw king prawns, peeled and deveined [see Cook's tip]  
2 pak choi or bok choy, leaves separated  
Handful of coriander leaves

**1** Cook the noodles following pack instructions. Refresh in cold water and drain well.

**2** Put the stock and water in a large saucepan. Stir in the curry paste, lime leaves and fish sauce.

Bring to a simmer over medium heat. Simmer for 5 minutes.

**3** Add the fish to the pan and return to a simmer. Cook for 2 minutes.

**4** Stir the noodles, prawns and pak choi into the broth. Simmer for 2-3 minutes or until the fish and prawns are just cooked. Divide between serving bowls and scatter with the coriander.

**NUTRITIONAL INFO**

**PER SERVE** 1600kJ (383Cal),  
**protein** 40g, **total fat** 5g (sat. fat 1g), **carbs** 43g, **fibre** 6g, **sodium** 1510mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**COOK'S TIP**

You can replace the prawns with an extra 100g of fish or replace both the prawns and fish with chicken breast fillet.





GFO LCO

## STUFFED ZUCCHINI

PREP 10 MINS COOK 35 MINS  
SERVES 2 (AS A MAIN)

2 zucchini, halved lengthways  
1½ tsp extra virgin olive oil  
60g mixed salad leaves, to serve  
2 x 125g Sunrice Microwave  
Brown Rice & Quinoa cups, to  
serve

### STUFFING

25g (¼ cup) dried wholegrain or  
gluten-free breadcrumbs  
2 tbsp pine nuts  
3 green shallots, trimmed and  
finely sliced  
1 clove garlic, crushed  
3 sundried tomatoes in oil,  
drained  
2 tsp thyme leaves  
1½ tbsp finely grated parmesan  
Freshly ground black pepper

1 Preheat oven to 200°C (fan-  
forced). Place the zucchini in a  
single layer in a shallow ovenproof  
dish, fairly tightly together,  
cut-side up. Brush lightly with ½  
tsp oil and bake for 20 minutes.

2 To make the stuffing, mix all the  
ingredients together in a bowl.

3 Sprinkle the stuffing on top of  
the zucchini and drizzle with the  
remaining oil. Bake for a further  
10-15 minutes or until the zucchini  
softens and the topping is golden  
and crisp. Serve with the salad  
leaves and rice.

### NUTRITIONAL INFO

PER SERVE 2010kJ (481Cal),  
protein 15g, total fat 20g (sat. fat  
3g), carbs 54g, fibre 10g, sodium  
209mg • Carb exchanges 3½ • GI  
estimate low • Gluten-free  
option

GFO

## PRAWN SALAD WITH ORANGE, RED ONION & AVOCADO

PREP 10 MINS  
SERVES 2 (AS A MAIN)

2 oranges  
1 Little Gem lettuce, leaves  
separated  
1 ripe avocado, halved, stone  
removed, peeled, sliced  
300g cooked king prawns, peeled  
and deveined (see Cook's tip)  
½ red onion, finely sliced  
1 small bunch of coriander, leaves  
picked  
2 tbsp sweet chilli sauce or  
gluten-free sweet chilli sauce  
Juice of ½ lime  
Freshly ground black pepper

1 Use a small sharp knife to cut  
away the peel and pith from the  
orange. Slice into 1cm-thick  
rounds.

2 Arrange the lettuce on two  
plates. Halve, stone and peel the  
avocado, then slice. Place the  
avocado on top of the lettuce and  
scatter over the prawns.

3 Divide the orange rounds, onion  
and coriander leaves between  
serving plates. Toss together very  
lightly.

4 Whisk the chilli sauce and lime  
juice in a small bowl. Season with  
pepper. Drizzle over the salad and  
serve.

### NUTRITIONAL INFO

PER SERVE 1360kJ (326Cal),  
protein 16g, total fat 11g (sat. fat  
2g), carbs 34g, fibre 14g, sodium  
790mg • Carb exchanges 2½ • GI  
estimate low • Gluten-free  
option

GFO LCO

## CHICKEN TIKKA WITH SPICED RICE

PREP 10 MINS (+ 30 MINS MARINATING)  
COOK 20 MINS SERVES 2 (AS A MAIN)

2 (125g each) skinless chicken  
breasts, trimmed of fat  
70g (⅓ cup) low-fat natural yoghurt  
1 tbsp tikka curry paste or gluten-  
free curry paste  
1 Lebanese cucumber, finely  
chopped  
2 tsp roughly chopped mint leaves  
Freshly ground black pepper  
1 red onion, cut into thin wedges  
70g (⅓ cup) basmati rice  
1 tsp curry powder or gluten-free  
curry powder  
70g (½ cup) frozen peas  
1 red capsicum, finely chopped

1 Use a sharp knife to slash each  
chicken breast 3-4 times on one side.  
Put in a bowl and add 1 tbsp yoghurt  
and the tikka paste. Mix well, cover  
and marinate in the fridge for 30  
minutes.

2 Make a raita by stirring the  
cucumber and most of the mint into  
the rest of the yoghurt. Season with  
pepper. Cover and chill.

3 Preheat the oven to 220°C (fan-  
forced). Scatter the onion wedges  
over a tray lined with baking tray.  
Remove the chicken from the  
marinade, shake off any excess and  
place on top of the onion wedges.  
Cook for 20 minutes.

4 Meanwhile, bring a medium  
saucepan of water to the boil. Add  
the rice and curry powder. Simmer  
for 5 minutes. Add the peas and  
capsicum and cook for a further 6-7  
minutes or until the rice is just  
tender. Drain well.

5 Divide the rice between serving  
plates. Add the chicken, roasted  
onion and sprinkle with remaining  
mint. Serve with the cucumber raita.



**LOWER-CARB OPTION**

Omit the rice and serve each portion on 1 cup warm cauliflower rice.

**PER SERVE** 1620kJ (388Cal),  
**protein** 36g, **total fat** 16g (sat.  
 fat 4g), **carbs** 19g, **fibre** 9g,  
**sodium** 635mg • **Carb**  
**exchanges** 1½ • **GI estimate** low  
 • **Gluten-free option** • **Lower**  
**carb**

**FRIDAY**

Chicken tikka with  
 spiced rice

*Recipe, opposite*

**NUTRITIONAL INFO**

**PER SERVE** 1980kJ (474Cal),  
**protein** 36g, **total fat** 16g (sat.  
 fat 4g), **carbs** 41g, **fibre** 8g,  
**sodium** 577mg • **Carb**  
**exchanges** 2½ • **GI estimate**  
 medium • **Gluten-free option**



# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?  
Take inspiration from these tasty tips

## GROCERIES

**CHICKEN STOCK** Freeze in small airtight containers for up to 3 months.

**CURRY PASTE** Use to make vegetable and tofu laksa.

**FROZEN PEAS** Use in stir-fries, rice salads, soups and casseroles.

**PINE NUTS** Finely chop and toss through salads, sprinkle over pizzas or use to make pesto.

**PESTO** Spread over pizza bases, toss through pasta or use in dressings.

**MOZZARELLA** Thinly slice and use on sandwiches or cut into wedges and add to salads.

**SUN-DRIED TOMATOES** Drain, pat dry with paper towel and thinly slice, use in salads, pasta sauces, on top of pizzas, or add a few to your favourite salad sandwich.

**TIKKA PASTE** Combine the paste with yoghurt and chopped coriander and use

to marinate a selection of vegetables. Chargrill and place on a lower-carb wrap with rocket leaves. Roll up and serve.

**YOGHURT** Serve with fresh fruit for breakfast.

**VERMICELLI** Cook and use to make a Thai-style beef salad.

## FRUIT & VEGETABLES

**CORIANDER** Add the leaves to salads and finely chop the roots and stems and use in curries and stir-fries.

**GREEN SHALLOTS** Thinly slice and toss into rice salads, on top of pizzas, stir-fries and finely chop and use in salad dressings.

**LIME** thinly slice and add to water with a little diet lime cordial and crushed ice-cubes.

**LIME LEAVES** Use in curries. Thinly shred and use in salad dressings.

**THYME LEAVES AND MINT** Use in pasta dishes, sprinkle over steamed vegies with a little grated lemon zest and a squeeze of lemon juice, a drizzle of olive oil and freshly ground black pepper. ■



# SHOPPING LIST

## GROCERIES

- ☐ 190g jar basil pesto
- ☐ 270g jar sun-dried tomatoes in oil
- ☐ 80g pkt pine nuts
- ☐ 500ml carton salt-reduced chicken stock
- ☐ 210g jar Valcom Thai red curry paste
- ☐ 200g pkt Pandaroo brown rice vermicelli
- ☐ 283g jar tikka paste
- ☐ 2 x 125g tubs Sunrice Microwave Brown Rice & Quinoa cups

## CHILLED (FRIDGE & DELI)

- ☐ 200g container fresh mozzarella
- ☐ 160g tub low-fat natural yoghurt

## FREEZER

- ☐ 500g pkt frozen peas

## MEAT AND POULTRY

- ☐ 2 (125g each) skinless chicken breasts

## SEAFOOD

- ☐ 300g cooked king prawns
- ☐ 200g raw king prawns
- ☐ 200g skinless and boneless white fish fillets

## FRUIT & VEGETABLES

- ☐ 2 oranges
- ☐ 1 ripe avocado
- ☐ 1 Little Gem lettuce
- ☐ 2 red onions
- ☐ 2 small bunches coriander
- ☐ 1 lime
- ☐ 500g (½ small) butternut pumpkin
- ☐ 2 red capsicum
- ☐ 1 lemon
- ☐ 25g rocket leaves
- ☐ 2 zucchinis
- ☐ 60g mixed salad leaves
- ☐ 1 bunch thyme
- ☐ ½ bunch green shallots
- ☐ Fresh makrut lime leaves
- ☐ 2 pak choy or bok choy
- ☐ 1 small Lebanese cucumber
- ☐ 1 bunch mint

## PANTRY

- ☐ Black pepper
- ☐ Sweet chilli sauce
- ☐ Fish sauce
- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Chilli flakes
- ☐ Dried wholegrain breadcrumbs
- ☐ 1 clove garlic
- ☐ Parmesan
- ☐ Curry powder
- ☐ Basmati rice



# NO-COOK dinners

Make a satisfying meal in 20 minutes or less,  
no oven required!

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

**Prawn & lime  
noodles**

*Recipe, page 25*





Avocado panzanella Recipe, page 26





**LOWER-CARB OPTION**

Replace the flat breads with 3 low carb wraps such as Simson's Pantry Low Carb Super Grains Wraps.

Chicken souvlaki  
Recipe, page opposite



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## CHICKEN SOUVLAKI

PREP 20 MINS

SERVES 3 (AS A MAIN)

1 small red onion, thinly sliced  
 ¼ cup green pitted olives, chopped  
 1 small Lebanese cucumber, halved lengthways and thinly sliced  
 150g cherry tomatoes, halved  
 Small bunch parsley or mint (or a mixture), leaves picked  
 1 cooked beetroot, coarsely grated  
 200g barbecued chicken, skin removed, torn into small pieces  
 Freshly ground black pepper  
 90g (⅓ cup) low-fat natural yoghurt  
 3 Coles mini white flatbreads, to serve  
 Drizzle of extra virgin olive oil

1 Put the onion in a small heatproof bowl. Pour over enough boiling water to cover. Set aside for 5 minutes. Drain and rinse under cold water.

2 Put the onion, olives, cucumber, tomatoes, parsley and/or mint leaves, beetroot and chicken in a large bowl. Season with pepper. Toss to combine.

3 To serve, top each flatbread with generous spoonfuls of the souvlaki, yoghurt and a drizzle of oil.

### NUTRITION INFO

PER SERVE 1490kJ (356Cal), protein 27g, total fat 13g (sat. fat 2g), carbs 29g, fibre 5g, sodium 602mg • Carb exchanges 2 • GI estimate medium

LCO

### NUTRITION INFO

PER SERVE 1330kJ (318Cal), protein 29g, total fat 11g (sat. fat 3g), carbs 16g, fibre 12g, sodium 575mg • Carb exchanges 1 • GI estimate low • Lower carb

GFO

## PRAWN & LIME NOODLES

PREP 20 MINS

SERVES 2 (AS A MAIN)

80g dried rice vermicelli  
 1 tbsp soy sauce or gluten-free soy sauce  
 2 tsp fish sauce  
 1½ tbsp sesame oil  
 Juice 1 lime, plus wedges, to serve  
 ½ red chilli, deseeded and finely chopped  
 6 green shallots, finely shredded  
 2 large carrots, coarsely grated  
 Handful mint leaves, torn  
 150g peeled and deveined cooked king prawns  
 2½ tbsp roasted unsalted cashews or peanuts

1 Put the noodles in a medium heatproof bowl and pour over boiling water. Set aside for 5 minutes to soften. Drain and rinse under cold running water. Return to the bowl.

2 Combine the soy, fish sauce, sesame oil, lime juice and chilli in a small bowl. Pour the dressing over the noodles and stir to coat.

3 Add the green shallots, carrots, mint, prawns and nuts to the noodles. Toss and divide between 2 bowls. Serve with the lime wedges.

### NUTRITION INFO

PER SERVE 2080kJ (497Cal), protein 20g, total fat 21g (sat. fat 4g), carbs 48g, fibre 10g, sodium 1230mg • Carb exchanges 3 • GI estimate low • Gluten-free option







GFO

## AVOCADO PANZANELLA

PREP 15 MINS

SERVES 4 (AS A LIGHT MEAL)

800g ripe tomatoes  
Freshly ground black pepper  
1 clove garlic, crushed  
1½ tbsp capers, drained and rinsed  
1 ripe avocado, chopped  
1 small red onion, very thinly sliced  
175g sourdough or gluten-free bread  
2½ tbsp extra virgin olive oil  
2 tbsp red wine vinegar  
Small handful basil leaves

1 Halve or roughly chop the tomatoes (depending on size) and put them in a bowl. Season well with pepper. Add the garlic, capers, avocado and onion to the bowl. Stir well. Set aside for 10 minutes.

2 Meanwhile, tear or slice the bread into 3cm chunks and place in a large serving bowl or on a platter. Drizzle with half the olive oil, half the vinegar and season with pepper.

3 When ready to serve, pour over the tomatoes and any juices. Scatter with the basil leaves and drizzle over the remaining oil and vinegar. Give it a final stir and serve immediately.

### NUTRITION INFO

PER SERVE 1320kJ (316Cal),  
protein 10g, total fat 18g (sat. fat 3g), carbs 28g, fibre 8g, sodium 322mg • Carb exchanges 2 • GI estimate high • Gluten-free option

GFO

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## TUNA, FENNEL & BEAN SALAD

PREP 10 MINS

SERVES 2 (AS A MAIN)

Zest ½ lemon  
1 tbsp fresh lemon juice  
1 tsp wholegrain mustard or gluten-free mustard  
1 tbsp extra virgin olive oil  
Freshly ground black pepper  
400g can no-added-salt cannellini beans, drained and rinsed  
Small bunch dill, roughly chopped  
Small bunch flat-leaf parsley, leaves roughly chopped  
½ small fennel bulb, thinly shaved with a vegetable peeler  
½ Lebanese cucumber, peeled into ribbons  
185g can tuna in springwater, drained  
1 heaped tbsp pumpkin seeds

1 To make a dressing, put the lemon zest and juice, mustard and oil in a small jar. Season with pepper.

2 Tip the beans into a bowl and pour over the dressing. Stir to coat. Add the herbs, fennel and cucumber. Flake the tuna into large pieces and fold through. Spoon onto plates and sprinkle with pumpkin seeds. Serve.

### NUTRITION INFO

PER SERVE 1370kJ (328Cal),  
protein 28g, total fat 14g (sat. fat 2g), carbs 17g, fibre 10g, sodium 247mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb



**Tuna, fennel and  
bean salad**  
*Recipe, page opposite*





# SUPER SAVERS

Quick and easy midweek meals that keep an eye on  
the budget, so you don't have to

Speedy sweet potato  
soup with coconut

*Recipe, page 34*

**\$2.80**  
PER  
SERVING



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



**Pork tacos**  
*Recipe, page 34*

**\$4.80  
PER  
SERVING**





### LOWER-CARB OPTION

Omit the farfalle and replace with 320g Atkins Penne Pasta, prepared following packet instructions.

### NUTRITIONAL INFO

**PER SERVE** 1880kJ (450Cal),  
**protein** 52g, **total fat** 14g (sat. fat  
8g), **carbs** 21g, **fibre** 15g, **sodium**  
247mg • **Carb exchanges** 1½ • **GI**  
**estimate** low • **Lower carb**

**\$4.35**  
PER  
SERVING

Asparagus pasta  
with mint pesto  
*Recipe, page 34*



## **budget meals**

**Fast-fix fried rice**  
*Recipe, page 35*

**\$4.65**  
PER  
SERVING





## **budget meals**

**Gnocchi bolognese  
with spinach**  
*Recipe, page 35*

**\$5.70**  
PER  
SERVING





### LOWER-CARB OPTION

Omit the rigatoni and replace with 350g Slendier Soy bean fettucine, prepared following packet instructions.

### NUTRITIONAL INFO

**PER SERVE** 1790kJ (428Cal),  
**protein** 24g, **total fat** 28g (sat. fat  
11g), **carbs** 16g, **fibre** 8g, **sodium**  
724mg • **Carb exchanges** 1 • **GI**  
**estimate** low • **Gluten-free**  
**option** • **Lower carb**

Sausage Ragu  
Recipe, page 40

**\$3.45**  
PER  
SERVING

### COOK'S TIP

To freeze, leave the dish to cool completely. Transfer to individual containers or small resealable freezer bags. Expel any extra air. Label, date and freeze for up to 3 months.







## SPEEDY SWEET POTATO SOUP WITH COCONUT

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

- 1 tbsp olive oil
- 1 brown onion, chopped
- 1-2 tsp red or green Thai curry paste
- 750g orange sweet potato, grated
- 500ml (2 cups) salt-reduced vegetable stock
- 500ml (2 cups) water
- 100ml light coconut milk
- Freshly ground black pepper
- Handful of coriander, roughly chopped
- 4 Simson's Pantry Mini Naans, heated following packet directions, to serve

**1** Heat the oil in a deep saucepan over medium heat. Add the onion and cook, stirring occasionally, for 4-5 minutes or until the onion starts to soften. Stir in the curry paste and cook, stirring, for 1 minute.

**2** Add the grated sweet potato and stock to the pan. Increase heat to high and bring to the boil. Reduce heat to medium and simmer for 5 minutes or until the potato is tender.

**3** Remove the soup from the heat. Stir in the coconut milk and season with pepper. Set aside for 5 minutes to cool slightly. Use a handheld blender to blend until smooth.

**4** Divide the soup between serving bowls. Sprinkle with coriander and serve with the naan bread.

## NUTRITIONAL INFO

**PER SERVE** 1410kJ (337Cal),  
**protein** 8g, **total fat** 10g (sat. fat 3g), **carbs** 50g, **fibre** 7g, **sodium** 644mg • **Carb exchanges** 3½ • **GI estimate** medium



## GFO PORK TACOS

**PREP** 10 MINS  
**COOK** 15 MINS  
**SERVES** 4 (AS A MAIN)

- 2 tsp olive oil
- ½ red onion, chopped
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 500g lean pork mince
- 300ml passata
- 5 tbsp reduced-sugar barbecue sauce or gluten-free barbecue sauce
- 80ml (⅓ cup) water
- 420g can no-added-salt black beans, drained and rinsed
- Small bunch coriander, chopped
- 8 taco shells, heated following packet instructions
- 1 ripe avocado, peeled and sliced
- ½ iceberg lettuce, finely shredded
- 1 tsp light sour cream, per taco, to serve

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onion softens. Sprinkle over the paprika and cumin. Cook, stirring, for 1 minute.

**2** Add the pork mince to the pan and cook, breaking up the mince with the back of a spoon and stir until cooked through. Stir the passata, barbecue sauce and water into the pan. Increase the heat and allow the sauce to bubble and reduce until it clings to the meat. Add the beans and cook for a further 2 minutes. Stir in the coriander.

**3** Use the pork and bean mix to fill the tacos, top with slices of avocado, shredded iceberg lettuce and 1 tsp per sour cream per taco.

## NUTRITIONAL INFO

**PER SERVE** 1980kJ (474Cal),  
**protein** 37g, **total fat** 21g (sat. fat 5g), **carbs** 32g, **fibre** 11g, **sodium** 433mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**



## GFO LCO ASPARAGUS PASTA WITH MINT PESTO

**PREP** 10 MINS  
**COOK** 10 MINS **SERVES** 4 (AS A MAIN)

- 1 large bunch of mint, leaves picked
- 250g tub ricotta
- 2½ tbsp grated parmesan, plus extra, to serve
- Freshly ground black pepper
- 320g dried farfalle (pasta bows) or gluten-free pasta
- 1 bunch asparagus, woody ends trimmed, cut into 3cm pieces

## SALAD

- 120g rocket leaves
- 1 small avocado, sliced
- Drizzle of fresh lemon juice

**1** Put the mint leaves, ricotta and parmesan in a small food processor. Cover and process until you have a smooth green pesto. Season with pepper.

**2** Bring a large saucepan of water to the boil. Add the pasta and cook, stirring occasionally, for 10-12 minutes or until the pasta is al dente, adding the asparagus for the last 2 minutes of cooking. Drain the pasta and asparagus, reserving 3 tablespoons of the cooking liquid.

**3** Return the pasta to the pan with the asparagus and reserved cooking water. Add the pesto and toss to combine.

**4** To make the salad, toss all the ingredients in a bowl.



5 Divide the pasta between 4 serving plates. Top with the extra parmesan and serve with the salad.

**NUTRITIONAL INFO**

**PER SERVE** 1930kJ (462Cal), **protein** 22g, **total fat** 14g (sat. fat 7g), **carbs** 58g, **fibre** 7g, **sodium** 211mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option** • **Lower carb option**

**COOK'S TIP**

Freshly cut mint blackens quickly, so this pesto is best made at the last minute to keep its vibrant colour.



**GFO**

**FAST-FIX FRIED RICE**

**PREP** 10 MINS  
**COOK** 10 MINS

**SERVES** 2 (AS A MAIN)

- 2 tsp olive oil
- 1 x 60g egg, whisked
- 2 lean bacon rashers, trimmed of fat, chopped
- 175g button mushrooms, sliced
- 205g (1⅓ cups) frozen peas
- 1 clove garlic, crushed
- 2cm piece ginger, grated
- 2 tsp salt-reduced soy sauce or gluten-free soy sauce
- 1 tsp sugar
- 2 x 120g tubs cooked basmati rice, heated following packet directions

1 Heat the oil in a large non-stick frying pan over medium heat. Pour in the egg and leave to set for 30-60 seconds, swirling every now and again. Transfer to a board and finely slice.

2 Add the bacon and mushrooms to the pan and cook, stirring often, for 3 minutes. Add the peas, garlic and ginger. Cook, stirring, for 1 minute.

3 Combine the soy sauce and sugar in a small bowl. Increase the pan heat to high and add the cooked rice. Cook, tossing for 1-2 minutes or until heated through. Toss in the soy sauce.

4 Stir the egg into the rice mixture and serve.

**NUTRITIONAL INFO**

**PER SERVE** 1780kJ (426Cal), **protein** 22g, **total fat** 11g (sat. fat 2g), **carbs** 54g, **fibre** 8g, **sodium** 678mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

**COOK'S TIP**

**SPICY CHICKEN FRIED RICE**

Omit the bacon, soy and sugar, and add 1 tsp mild curry powder or gluten free curry powder with the garlic and ginger. Finish the rice with the egg, 70g (½ cup) shredded leftover chicken breast, and a handful chopped coriander. Serve with 2 tsp mango chutney.

**NUTRITIONAL INFO**

**PER SERVE** 1880kJ (450Cal), **protein** 26g, **total fat** 11g (sat. fat 2g), **carbs** 55g, **fibre** 9g, **sodium** 115mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**



**GFO**

**GNOCCHI BOLOGNESE WITH SPINACH**

**PREP** 5 MINS **COOK** 30 MINS  
**SERVES** 4 (AS A MAIN)

- 1 tsp olive oil
- 500g extra lean beef mince
- 2 x 400g cans no-added-salt chopped tomatoes
- 1 tbsp dried Italian herbs
- 400g baby spinach leaves, washed

500g pack gnocchi or gluten-free gnocchi

Freshly ground black pepper

125g ball reduced-fat mozzarella

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the mince and cook, stirring often, for 2-3 minutes or until browned. Add the tomatoes and herbs. Fill one of the empty cans with water and add to the mince mixture. Bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 20 minutes.

2 Put the spinach in a colander and pour over boiling water to wilt. Set aside to cool for 5 minutes. Use your hands to squeeze out as much moisture as possible. Set aside in the colander.

3 Meanwhile, cook the gnocchi in a large saucepan of boiling water following pack instructions. Drain. Preheat grill to high.

4 Stir the gnocchi and spinach into the sauce. Season with pepper. Tip the mixture into a large ovenproof dish. Tear the mozzarella into chunks and scatter over the top. Place under the grill and cook for 2-3 minutes or until golden and bubbling and the mozzarella melts.

**NUTRITIONAL INFO**

**PER SERVE** 2210kJ (529Cal), **protein** 49g, **total fat** 14g (sat. fat 7g), **carbs** 47g, **fibre** 8g, **sodium** 865mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**





Lamb koftas  
Recipe, page 40

**\$2.45**  
PER  
SERVING



## budget meals

Spaghetti with  
tomato, chilli &  
tuna salsa

*Recipe, page 40*

**\$1.60**  
PER  
SERVING

### LOWER-CARB OPTION

Replace the spaghetti with 300g  
Slendier Edamame Fettucine,  
prepared following packet  
instructions.

### NUTRITIONAL INFO

**PER SERVE** 1000kJ (239Cal),  
**protein** 21g, **total fat** 12g (sat.  
fat 2g), **carbs** 8g, **fibre** 8g,  
**sodium** 81mg • **Carb exchanges**  
½ • **GI estimate** low • **Gluten**  
**free** • **Lower carb**





Pasta with parsley &  
hazelnut pesto  
*Recipe, page 41*





**Zucchini Fritters**  
*Recipe, page 41*

**\$3.25**  
PER  
SERVING







**GFO LCO**  
**SAUSAGE RAGU**

**PREP 15 MINS**  
**COOK 45 MINS**

**SERVES 6 (AS A MAIN)**

- 1½ tbsp olive oil
- 1 brown onion, finely chopped
- 2 large cloves garlic, crushed
- ¼ tsp chilli flakes
- 2 rosemary sprigs, leaves finely chopped
- 2 x 400g cans no-added-salt chopped tomatoes
- 1 tbsp brown sugar
- 6 (560g) pork sausages or gluten-free sausages
- 150ml skim milk
- Zest of 1 lemon
- 350g dried rigatoni pasta or gluten-free pasta
- 2 tbsp grated parmesan
- ½ small bunch flat-leaf parsley, leaves roughly chopped

**1** Heat 1 tbsp of the oil in a saucepan over medium heat. Add the onion and cook, stirring occasionally, for 7 minutes or until the onion softens. Add the garlic, chilli and rosemary. Cook, stirring, for 1 minute. Add the canned tomatoes and sugar. Stir. Simmer, stirring occasionally, for 20 minutes.

**2** Heat the remaining oil in a medium non-stick frying pan over medium heat. Squeeze the sausage meat from the skins and add to the pan. Cook, stirring often to break up the mince with a wooden spoon, for 5-7 minutes or until golden. Add to the sauce with the milk and lemon zest. Simmer for 5 minutes.

**3** Meanwhile, cook the pasta in a large saucepan of boiling water following packet instructions or until al dente. Drain and toss with the sauce. Sprinkle over the parmesan and parsley. Serve.

**NUTRITIONAL INFO**

**PER SERVE** 2370kJ (567Cal),  
**protein** 23g, **total fat** 27g (sat. fat 10g), **carbs** 54g, **fibre** 6g, **sodium** 724mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**



**GFO LCO**  
**LAMB KOFTAS**

**PREP 15 MINS**  
**COOK 15 MINS**

**SERVES 4 (AS A LIGHT MEAL)**

- 4 (66g each) MEB Vitastic Wholemeal Pita bread or gluten-free bread, warmed, following packet directions
- ½ red onion, thinly sliced
- 60g mixed salad leaves
- 130g (½ cup) low-fat natural yoghurt
- Handful mint leaves, to serve

**LAMB KOFTA**

- 250g lamb mince
- ½ tsp ground cumin
- 1 tsp ground coriander
- 1 clove garlic, crushed
- 1 tbsp chopped mint
- Freshly ground black pepper

**1** Put all the ingredients into a bowl. Use clean hands to mix until well combined. Divide the mixture into 8 balls. Roll each ball into an oval shape. Thread two balls onto each of 4 metal skewers. Spray with cooking spray.

**2** Preheat a barbecue grill or chargrill on medium-high. Add the koftas and cook for 3-4 minutes each side or until cooked through. Don't turn until they are well sealed or the meat will stick to the grill. Season with pepper.

**3** Serve the koftas with the pita bread, onion, salad leaves and yoghurt.

**NUTRITIONAL INFO**

**PER SERVE** 1280kJ (306Cal),  
**protein** 23g, **total fat** 6g (sat. fat 2g), **carbs** 38g, **fibre** 4g, **sodium** 255mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

**LOWER-CARB OPTION**

Replace the pita bread with 4 lower carb wraps, such as Helga's lower carb wholemeal wraps.

**NUTRITIONAL INFO**

**PER SERVE** 1130kJ (270Cal),  
**protein** 23g, **total fat** 10g (sat. fat 4g), **carbs** 20g, **fibre** 5g, **sodium** 294mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**



**GFO LCO**  
**SPAGHETTI WITH TOMATO, CHILLI & TUNA SALSA**

**PREP 10 MINS** **COOK 15 MINS**  
**SERVES 4 (AS A MAIN)**

- 300g dried spaghetti or gluten-free pasta
- 2 tbsp olive oil
- 1 small red onion, finely chopped
- 500g tomatoes, finely chopped
- 1 red chilli, deseeded and finely chopped
- 185g can tuna in springwater, drained
- Freshly ground black pepper

**1** Cook the spaghetti in a large saucepan of boiling water following packet directions, or until al dente.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and tomato and cook, stirring, for 2 minutes. Add the chilli and cook, stirring, for 2 minutes.



**3** Drain the pasta and add to the sauce. Break up the tuna and add to the saucepan. Season with pepper. Toss well and serve.

**NUTRITIONAL INFO**

**PER SERVE** 1720kJ (411Cal), **protein** 19g, **total fat** 11g (sat. fat 2g), **carbs** 57g, **fibre** 5g, **sodium** 81mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

**COOK'S TIP**

If you have some capers or olives in the fridge, they would make a good addition too.



**GFO LCO**

**PASTA WITH PARSLEY & HAZELNUT PESTO**

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 6 (AS A MAIN)

**350g** dried tagliatelle pasta or gluten-free pasta  
**1 bunch** flat-leaf parsley  
**100g** toasted hazelnuts  
**50g** ( $\frac{1}{3}$  cup) grated parmesan  
**Zest and juice of 1 lemon**  
**100ml** olive oil  
**Freshly ground black pepper**

**COOK'S TIP**

**EASY HERB CRUST**

Whizz the pesto with 85g ( $\frac{1}{2}$  cup) breadcrumbs, then use to top 4 chicken breasts or fish fillets. Grill or bake until cooked through and golden on top.

Make more pesto at the same time if you like and store in the fridge for a few days – covering the surface with oil will keep it fresh.

**1** Bring a large saucepan of water to the boil over high heat. Add the pasta and cook, following packet directions, or until al dente.

**2** Put the parsley, hazelnuts, parmesan, lemon zest and juice into a small food processor. Cover and process until it forms a paste, scraping down the side of the bowl with a spatula when needed. With the motor still running, gradually drizzle in the olive oil. Season with pepper.

**3** Drain the pasta and return to the pan. Stir in the pesto. Divide the pasta between bowls and serve.

**NUTRITIONAL INFO**

**PER SERVE** 2020kJ (483Cal), **protein** 13g, **total fat** 29g (sat. fat 4g), **carbs** 41g, **fibre** 4g, **sodium** 115mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**LOWER-CARB OPTION**

Replace the tagliatelle with 400g Slendier Soy bean fettuccine, prepared following packet instructions.

**NUTRITIONAL INFO**

**PER SERVE** 1490kJ (356Cal), **protein** 16g, **total fat** 30g (sat. fat 5g), **carbs** 3g, **fibre** 8g, **sodium** 116mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**



**GFO**

**ZUCCHINI FRITTERS**

**PREP** 15 MINS  
**COOK** 25 MINS

**SERVES** 4 (AS A LIGHT MEAL)

**150g** (1 cup) plain flour  
**Freshly ground black pepper**  
**2 x 60g** eggs  
**185ml** ( $\frac{3}{4}$  cup) skim milk  
**50g** vintage cheddar, crumbled

$\frac{1}{2}$  **small bunch** chives, snipped  
**2** zucchini, grated  
**1 tsp** olive oil

**TOMATO & SPINACH SALAD**

**5** tomatoes, cut into wedges  
 $\frac{1}{2}$  **bunch** chives, snipped  
**2 tsp** honey  
**2 tsp** sherry vinegar  
**2 cups** baby spinach leaves

**1** Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper.

**2** Put the flour in a bowl and season with pepper. Gradually stir in the egg and milk until you have a smooth batter. Stir in the cheese and half the chives.

**3** Heat a medium non-stick frying pan over high heat. Add the zucchini and cook, stirring often, for 3-4 minutes or until just soft. Tip on paper towel and squeeze out any moisture. Stir into the batter.

**4** Heat the oil in a large non-stick frying pan over medium heat. Drop in small ladlefuls of the batter and cook for 2-3 minutes each side or until golden. Transfer to the lined tray. Repeat with the remaining batter, making 12 fritters in total. Place the fritters in the oven and finish cooking for 8 minutes.

**5** Meanwhile, combine all the salad ingredients in a bowl.

**6** Serve the zucchini fritters with the tomato & spinach salad.

**NUTRITIONAL INFO**

**PER SERVE** 1380kJ (330Cal), **protein** 17g, **total fat** 10g (sat. fat 4g), **carbs** 41g, **fibre** 5g, **sodium** 202mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**



## COOK'S TIP

Find the recipe for salt-free vegetable stock paste on Cookidoo®

Enjoy these fresh and delicious recipes from the new *Thermomix Cooking with Diabetes* cookbook

All-in-one creamy vegetable pasta  
Recipe, page 44

Save time with  
**THERMOMIX®**



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

Little citrus  
puddings  
Recipe, page 46

### COOK'S TIP

A great make-ahead dessert, these puddings can be stored, covered, in the fridge for up to 3 days.



## book extract

### ALL-IN-ONE CREAMY VEGETABLE PASTA

**PREP** 10 MIN **TOTAL TIME** 40 MIN  
**SERVES** 4 (AS A MAIN MEAL)

2 tbsp hemp seeds  
2 tbsp pine nuts  
75 g onion (½ medium onion)  
2 garlic cloves  
6 sprigs fresh flat-leaf parsley, leaves only  
6 sprigs fresh basil, leaves only  
½ red capsicum, cut into pieces  
100 g zucchini, cut into pieces  
30 g extra virgin olive oil  
400 g cherry tomatoes, halved  
200 g button mushrooms, halved  
25 g pitted Kalamata olives, halved  
50 g cream cheese  
150 g full-fat ricotta  
1 tbsp salt-free vegetable stock paste or 1 reduced salt stock cube (see Tip)  
200 g dried wholemeal spaghetti, broken in halves

1 Place hemp seeds and pine nuts into mixing bowl, then dry roast 2 min/90°C/🌀/speed 1. Transfer to a bowl and set aside.

2 Place onion, garlic, parsley and three-quarters of the basil into mixing bowl, then chop 3 sec/speed 7. Scrape down sides of mixing bowl.

3 Add capsicum, zucchini and oil, then chop 3 sec/speed 5. Scrape down sides of mixing bowl, then sauté 5 min/120°C/🌀/speed 1.

4 Add tomatoes, mushrooms, olives, cream cheese, ricotta, 300 g water and stock paste, then cook 10 min/100°C/🌀/speed 1.

5 Add dried pasta and mix well with spatula to ensure it is completely submerged in the sauce, then cook 7 min/100°C//speed 0.5 or until pasta is almost cooked. Transfer to a Thermomix® Server or other large bowl, cover and set aside for 5 minutes to allow pasta to finish cooking.

6 Divide pasta among four serving bowls, top with seeds, pine nuts and remaining basil leaves, then serve.

#### NUTRITIONAL INFO

**PER SERVE** 1990kJ (476Cal), **protein** 16g, **total fat** 27g (sat. fat 8g), **carbs** 38g, **fibre** 10g, **sodium** 399mg • **Carb exchanges** 2½  
• **GI estimate** low

GF

### THAI PORK WITH GREEN MANGO SALAD

**PREP** 15 MIN **TOTAL TIME** 35 MIN (+ MARINATING)  
**SERVES** 4 (AS A MAIN MEAL)

500 g pork fillet, trimmed, cut into 3 cm pieces  
40 g gluten-free Thai green curry paste (see Tip)  
2 fresh bird's eye chillies, deseeded if preferred  
1 makrut lime leaf, stalk removed  
60 g fresh coriander, roots and stems, stems chopped into thirds  
17 g gluten-free fish sauce  
15 g maple syrup  
2 fresh limes, peel (no white pith) and juice only, plus extra wedges to serve  
200 g green beans, trimmed  
125 g vermicelli bean thread noodles  
2 green mangoes, peeled, cheeks removed, cut into julienne  
200 g cherry tomatoes, halved  
6 sprigs fresh Thai basil, leaves only  
2 tbsp unsalted roasted peanuts, roughly chopped

1 Place pork and curry paste in a bowl. Stir to coat and set aside for a minimum 10 minutes to marinate (see Tip).

2 Meanwhile, place chilli, lime leaf, coriander roots and stems, fish sauce, maple syrup, and lime peel and juice into mixing bowl, then chop 10 sec/speed 8. Pour dressing into a separate bowl and set aside.

3 Place 1000 g water into mixing bowl. Place Varoma dish into position. Insert Varoma tray with marinated pork. Secure Varoma lid and steam 7 min/Varoma/speed 2.

4 Remove Varoma tray with pork and set aside. Weigh green beans into Varoma dish. Re-insert the Varoma tray with pork. Secure Varoma lid and steam 7–10 min/Varoma/speed 2 or until pork is cooked. Place steamed beans and pork in a large bowl. Reserve liquid in mixing bowl.

5 Add noodles to hot liquid in mixing bowl and stir. Cover and set aside for 2 minutes or until noodles are soft.

6 Drain noodles and add to bowl with pork and beans, then top with mango, tomatoes and Thai basil leaves. Drizzle with dressing and toss to combine. Scatter with peanuts and serve with extra lime wedges.

#### NUTRITIONAL INFO

**PER SERVE** 1600kJ (383Cal), **protein** 33g, **total fat** 6g (sat. fat 2g), **carbs** 47g, **fibre** 6g, **sodium** 788mg • **Carb exchanges** 3 • **GI estimate** low  
• **Gluten free**



## COOK'S TIP

For a deeper flavour, marinate the pork the night before or in the morning.

Make homemade Thai green curry paste in Thermomix®. See Cookidoo® for the recipe.

Thai pork with  
green mango salad  
*Recipe, opposite*



## book extract

GF

### LITTLE CITRUS PUDDINGS

**PREP** 10 MIN **TOTAL TIME** 30 MIN (+ OVERNIGHT REFRIGERATION) **SERVES** 6 (AS A DESSERT)

1 tsp gelatine powder  
125 g canned reduced-fat coconut milk  
2 tsp gluten-free cornflour  
1 tsp lime zest, plus extra to decorate  
80 g fresh lime juice (approx. 4 limes)  
2 extra-large eggs, separated  
75 g caster sugar  
2 tbsp flaked or shredded coconut, toasted  
4 sprigs mint, leaves only

1 Place 4 tablespoons of water in a small bowl and sprinkle with gelatine. Set aside until gelatine has swelled (approximately 5 minutes).

2 Meanwhile, place coconut milk, cornflour, lime zest and juice, egg yolks and sugar into mixing bowl, then cook 5 min/90°C/speed 4. Scrape down sides of mixing bowl.

3 Add gelatine mixture and mix 5 sec/speed 3. Pour into a bowl and set aside. Thoroughly clean and dry mixing bowl.

4 Insert butterfly whisk. Place egg whites into mixing bowl and whip 1 min/speed 4, without measuring cup, until firm peaks. Remove butterfly whisk. Fold whipped egg whites into custard mixture.

5 Divide custard mixture among six 125 ml ramekins. Refrigerate overnight to set.

6 To remove puddings from moulds, dip briefly in a bowl of warm water, then invert onto small serving plates. Top with coconut and mint leaves, decorate with extra lime zest, then serve.

### NUTRITIONAL INFO

**PER SERVE** 487kJ (117 Cal), **protein** 4g, **total fat** 5g (sat. fat 3g), **carbs** 14g, **fibre** 1g, **sodium** 41mg • **Carb exchanges** 1  
• **GI estimate** medium • **Gluten free**



*Thermomix® Cooking for Diabetes* by Thermomix Australia, published by Are Media, RRP \$39.95. Available early 2024, preorder via Thermomix at [thermomix.com.au/products/thermomix-cooking-for-diabetes](https://thermomix.com.au/products/thermomix-cooking-for-diabetes)



# GADGET GENIUS

Thanks to its potential health and energy-saving benefits, sales of air fryers have soared. If you've just bought one, here's how to get the most out of it.

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL ILLUSTRATIONS GETTY IMAGES  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

*Air fryer sweet potato fries Recipe, page 48*



## airfryer

GFO

### AIR FRYER SWEET POTATO FRIES

**PREP** 5 MINS

**COOK** 15 MINS (DEPENDING ON THE BATCHES)

**SERVES** 4 (AS A SNACK OR A SIDE)

2 (800g) orange sweet potato, sliced into 5mm chips

1 tsp olive oil

1 tsp sweet smoked paprika or other seasonings, such as Cajun seasoning, BBQ seasoning, garlic granules or gluten-free seasoning

½ tsp mixed dried herbs

Freshly ground black pepper

1 Put the sweet potato chips in a bowl, drizzle over the oil and toss to coat. Sprinkle over the paprika, mixed herbs and pepper, then give it all a good mix with your hands to ensure it's evenly coated.

2 Cook at 180°C in a single layer in the air-fryer basket for 10-15 minutes or until lightly golden, giving the basket a shake after 5 minutes (you'll need to do this in batches). Once all the batches have cooked, return the fries to the air fryer, give it a good shake and cook for a further 1-2 minutes to heat through.

#### NUTRITIONAL INFO

**PER SERVE** 641kJ (153Cal), **protein** 4g, **total fat** 1g (sat. fat 0g), **carbs** 28g, **fibre** 6g, **sodium** 21mg  
• Carb exchanges 2 • GI estimate low • Gluten-free option

#### COOK'S TIP

Cook sweet potato fries in an air fryer using very little oil



Airfryer steak  
Recipe, opposite



## COOK'S TIP

Try serving with the sticky eggplant & tomato salad on page 70

GF LC

## AIR FRYER STEAK

PREP 5 MINS (+ RESTING)

COOK 10-15 MINS

SERVES 2 (AS A PART OF A MAIN)

**2** beef rib-eye steaks (about 180g each, and 3cm thick), trimmed of fat

1 tsp olive oil

Freshly ground black pepper

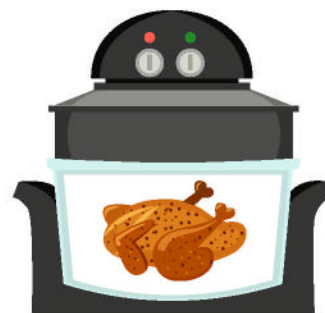
**1** Pat the steaks dry using paper towel. Brush with the oil, then season generously with pepper.

**2** Heat the air fryer for 2 minutes on 200°C. Put the steaks in the basket and cook for 6 minutes. Turn the steaks and cook for a further 2 minutes. At this point, your steaks should be rare to medium-rare. Cook for 2 minutes more for medium steaks, or 4 minutes for well done.

**3** Transfer the steaks to a plate for 3-4 minutes to rest before serving.

### NUTRITIONAL INFO

**PER SERVE** 1180kJ (282Cal), protein 40g, total fat 14g (sat. fat 5g), carbs 0g, fibre 0g, sodium 101mg • Carb exchanges 0  
• GI estimate n/a • Gluten free  
• Lower carb



## AIR FRYING: THE BASICS

### 1 DON'T OVERFILL

Overfilling the air fryer basket can result in uneven cooking and leave you with soggy food at the bottom. If you want to cook larger portions, look for a model with a bigger capacity.

### 2 DISTRIBUTE INGREDIENTS EVENLY

Try to keep the food in an even layer, as this will ensure the heat circulates and makes the food crisp. If needed, give the food a shake halfway through cooking.

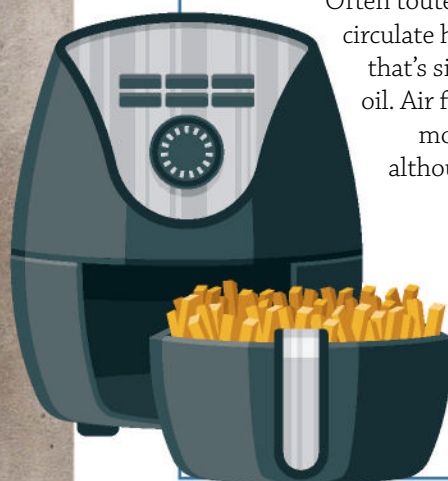
### 3 BE WARY OF THE HEATING ELEMENT

Make sure that nothing gets too close to the air fryer's heating element, as this can easily burn and create a safety hazard.

## AIR FRYER LOVE

Often touted as a way to cook healthier meals, they circulate hot air efficiently to achieve a 'fried finish' that's similar to deep-frying, but without all the oil. Air fryers also heat up very quickly and can be more energy-efficient than most ovens, although that depends on the model and your energy provider.

The real win is the golden, crispy finish you can achieve. However, this nifty bit of kit can't be used to cook everything. There are some foods that shouldn't be air fried for safety reasons, such as popcorn and sauce-based dishes.





# SUN-SATIONAL GIFTS

From beach essentials to homeware treasures, find the perfect peachy present that screams summer vibes.



1. Lucky Lorenzo Lilo, \$109. 2. Tanica Sundowner Gift Box \$104.00. 3. Franky - Sunglasses \$159. 4. STEM Silicone Unbreakable Wine Glasses \$44.95. 5. Malibu Sand Free Towel, \$ 69.95. 6. Leonora Boater In Natural, \$ 99.95. 7. Beach Spade \$18.90. 8. Beach Bucket, \$31.90. 9. Polarbox Cooler Box Nude, \$ 109.95 10. Pompom Turkish Cotton Bath Sheet \$152.99. 11. Premium Beach Umbrella - Sand Dash, \$274. 12. Peach Bath Mat - Peachy Clean, \$101.99. 13. The Shek O Beach Tote, \$99.

[hardtofind.com.au](http://hardtofind.com.au)

SCAN TO SHOP







# Lower-carb Christmas LUNCH

'Tis the season to indulge. And we've done the food maths to help you serve up a healthy family feast that's full of flavour and fun. Lunch is served...

## *Entree*

*Ricotta, spinach, basil  
and lemon dip*

## *Main*

*Orange and rosemary pork*

## *Sides*

*Apple, celery, walnut and  
rocket salad*

*Cauliflower gratin with  
parmesan crumb*

## *Dessert*

*Christmas-style pudding*

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



**festive**



**Ricotta, spinach, basil  
and lemon dip**  
*Recipe, page 56*





Orange and rosemary pork  
*Recipe, page 56*



festive



Apple, celery, walnut  
and rocket salad  
*Recipe, page 58*





Cauliflower gratin  
with Parmesan crumb  
*Recipe, page 58*



## NUTRITIONAL INFO WHOLE MENU

**PER SERVE** 3030kJ  
(725Cal), **protein** 62g, **total fat** 32g (sat. fat 8g), **carbs** 36g, **fibre** 16g, **sodium** 544mg • **Carb exchanges** 2½ • **GI estimate** low

## NUTRITIONAL INFO MENU WITHOUT DESSERT

would be  
classed as lower carb  
**PER SERVE** 2390kJ  
(572Cal), **protein** 57g, **total fat** 24g (sat. fat 6g), **carbs** 24g, **fibre** 12g, **sodium** 462mg • **Carb exchanges** 1½ • **GI estimate** low •  
**Lower carb**

GF LC

## RICOTTA, SPINACH, BASIL & LEMON DIP

**PREP** 15 MINS  
**SERVES** 8 (AS A STARTER)

200g baby spinach leaves  
45g (⅓ cup) walnuts  
1 clove garlic  
Finely grated zest and juice half a lemon

½ bunch basil, leaves picked +  
extra small leaves, to serve  
100g smooth ricotta  
30g reduced-fat feta  
70g (⅓ cup) low-fat Greek-style  
natural yoghurt

Freshly ground black pepper  
1 large carrot, cut into sticks  
1 large Lebanese cucumber, cut  
into sticks

100g snow peas, topped and  
tailed  
1 large red capsicum, cut into  
strips  
1 large green capsicum, cut into  
strips

Watercress sprigs, to serve

1 Put the spinach leaves in a large heatproof bowl. Pour over the boiling water. Drain and pour the spinach into a colander. Set aside to cool for 5 minutes. Use your hands to squeeze out any excess moisture.

2 Put the spinach, walnuts, garlic, lemon zest and basil in the bowl of a small food processor. Cover and process until finely chopped. Add the lemon juice, ricotta, feta and yoghurt. Process until well combined. Season with pepper.

3 Transfer the dip to a serving bowl. Cover and put in the fridge until ready to serve. Serve with the veggie sticks, watercress and extra basil leaves.

## NUTRITIONAL INFO

**PER SERVE** 486kJ (116Cal), **protein** 6g, **total fat** 6g (sat. fat 1g), **carbs** 7g, **fibre** 4g, **sodium** 109mg • **Carb**

**exchanges** ½ • **GI estimate** low •  
**Gluten free** • **Lower carb**

GF LC

## ORANGE & ROSEMARY PORK

**PREP** 20 MINS (+ OVERNIGHT  
MARINATING) **COOK** 1 HOUR  
**SERVES** 8 (AS PART OF A MAIN)

Zest and juice of 1 orange + extra  
zest, to serve

1 tbsp extra virgin olive oil  
3 cloves garlic, crushed  
2 tbsp chopped sage  
1 tbsp chopped rosemary  
1 tbsp chopped oregano  
1.7kg pork loin, skin removed and  
discarded, excess fat removed

## SALSA

1 large red capsicum, halved,  
seeds removed, flattened  
2 zucchini, thinly sliced  
lengthways  
1 tbsp finely chopped flat-leaf  
parsley + extra leaves, to serve  
Juice half a lemon + extra wedges,  
to serve

1 tsp extra virgin olive oil  
Freshly ground black pepper  
Watercress sprigs, to serve

1 Put the orange zest and juice, oil, garlic, sage, rosemary and oregano in a small food processor. Cover and process until the herbs are finely chopped and the mixture is well combined. Season with pepper. Transfer to a shallow dish. Add the pork and turn to coat in the marinade. Cover and put in the fridge overnight to marinate, turning the pork in the marinade twice.

2 To make the salsa, preheat a barbecue plate or chargrill plate on medium-high. Spray the capsicum and zucchini with cooking spray. Add the capsicum to the plate and cook for 6-7 minutes, turning occasionally, until the skin is





Nutritional Info fractions

$\frac{2}{3}$   $\frac{1}{3}$   $\frac{1}{4}$   $\frac{1}{3}$   $\frac{1}{2}$   $\frac{3}{4}$  (nutrition)

Ingredient fractions

$\frac{2}{3}$   $\frac{1}{4}$   $\frac{1}{3}$   $\frac{1}{2}$   $\frac{3}{4}$   $\frac{1}{8}$  (ingredients)

Christmas-style  
pudding  
Recipe, page 59



festive

LC

## CAULIFLOWER GRATIN WITH PARMESAN CRUMB

PREP 20 MINS

COOK 1 HOUR 10 MINS

SERVES 8 (as a side)

1 (800g) whole small cauliflower  
30g thinly sliced prosciutto, finely  
chopped  
30g sourdough bread, processed  
into crumbs  
2 tbsp finely grated parmesan  
6 green shallots, diagonally sliced  
Freshly ground black pepper  
Chopped flat-leaf parsley, to serve

### CHEESE SAUCE

30g light margarine  
2 tbsp wholemeal plain flour  
325ml (1¼ cups) light milk  
40g (⅓ cup) grated reduced-fat  
cheese

1 Trim the base of the cauliflower and the outer leaves (keeping the whole cauliflower intact). Place in a shallow microwave-safe dish. Add about 125ml (½ cup) water). Cover and cook on High/100% for 6-7 minutes or until the cauliflower is just cooked (but still a little firm). Set aside to cool.

2 Preheat oven to 170°C (fan-forced). Cook the prosciutto in a small non-stick frying pan, stirring often, for 2-3 minutes or until slightly crisp. Set aside. Combine the breadcrumbs and parmesan in a small bowl. Hold the cauliflower on its side and slice the cauliflower, alternatively, you can remove the florets and thickly slice each one.

3 Place a third of cauliflower slices over the base of an ovenproof dish. Sprinkle with a third of the shallots and prosciutto. Sprinkle with pepper. Repeat layering the remaining ingredients in another two layers.

4 To make the cheese sauce, melt the margarine in a small saucepan

over medium heat. Add the flour and cook, stirring, for 1 minute. Remove the pan from the heat and gradually whisk in the milk. Return the pan to medium heat and cook, whisking, until the sauce thickens and comes to a simmer. Simmer for 1 minute. Remove the pan from the heat and stir in the cheese.

5 Pour the warm cheese sauce over the cauliflower. Sprinkle over the parmesan breadcrumbs. Bake in preheated oven for 25-30 minutes or until the top is light golden brown. Sprinkle with parsley and pepper to serve.

### NUTRITIONAL INFO

PER SERVE 498kJ (119Cal), **protein** 8g, **total fat** 4g (sat. fat 2g), **carbs** 9g, **fibre** 2g, **sodium** 227mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

GFO LC

## APPLE, CELERY, WALNUT & ROCKET SALAD

PREP 15 MINS

SERVES 8 (AS A SIDE)

120g rocket leaves  
1 large Granny Smith apple,  
quartered, cored, thinly sliced  
3 sticks celery, thinly diagonally  
sliced  
60g walnut pieces, roughly  
chopped  
100g cherries, pitted, quartered

### DRESSING

2 tbsp fresh lemon juice  
1 tbsp extra virgin olive oil  
2 tsp wholegrain mustard or  
gluten-free wholegrain mustard  
Pinch sugar  
Freshly ground black pepper

1 Toss the rocket leaves, apple and

charred and the capsicum is soft. Transfer the capsicum to a large piece of foil. Wrap and set aside to cool (allowing the skin to soften and peel off easily). Add the zucchini to the grill and cook for 3-4 minutes, turning once, or until just tender. Set aside to cool. Peel the skin off the capsicum and finely chop. Finely chop the zucchini. Place the capsicum, zucchini, parsley, lemon juice, oil and pepper in an airtight container. Toss to combine. Cover and keep in the fridge until ready to serve.

3 Preheat oven to 210°C (fan-forced). Line a roasting pan with baking paper. Place the pork in the lined pan, reserving the marinade for brushing the pork during cooking. Roast for 10 minutes. Reduce the oven temperature to 170°C (fan-forced). Baste with a little of the reserved marinade. Roast for a further 50 minutes, brushing once with the reserved marinade. Transfer pork to a tray, cover loosely with foil and set aside for 15 minutes to rest.

4 Carve the pork and serve with the salsa, extra orange zest, parsley, lemon wedges and watercress.

### NUTRITIONAL INFO

PER SERVE 1030kJ (245Cal), **protein** 41g, **total fat** 6g (sat. fat 2g), **carbs** 4g, **fibre** 4g, **sodium** 78mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**



celery in a large serving bowl. Sprinkle over the walnuts and cherries.

**2** To make the dressing, combine all the ingredients in a small jar. Place on the lid. Shake well to combine.

**3** To serve, drizzle the dressing over the salad.

### NUTRITIONAL INFO

**PER SERVE** 419kJ (100Cal), **protein** 2g, **total fat** 8g (sat. fat 1g), **carbs** 4g, **fibre** 2g, **sodium** 48mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

### LC LOWER-CARB CHRISTMAS-STYLE PUDDING

**PREP** 20 MINS (+ 30 MINS  
MACERATING)

**COOK** 1 HOUR 30 MINS

**SERVES** 8 (AS A DESSERT, WITH  
LEFTOVERS FOR 2)

100g wholemeal plain flour

100g (1 cup) almond meal

¼ cup granulated sugar substitute

2 tbsp cocoa powder

2 tsp mixed spice

2 tsp ground cinnamon

1 tsp baking powder

200g carrots, finely grated

200g frozen berries, defrosted in a  
bowl, mashed

Finely grated zest and juice of 1  
orange

2 tbsp brandy

40g light margarine, melted

1 x 60g egg

2 egg whites (from 60g eggs)

Icing sugar, for dusting (optional)

80g mixed berries, to serve

**1** Combine the flour, almond meal, sugar substitute, cocoa powder, spice, cinnamon and baking powder in a bowl. Cover with a clean tea towel and set aside.

**2** Combine the carrots, berries, orange zest and juice and brandy in a large bowl. Set aside for 30 minutes to allow the carrot to soften slightly.

**3** Place a 2L (8-cup) metal pudding basin with a lid in a large saucepan and pour in enough boiling water to come two-thirds of the way up the side. Remove the pudding basin. Cover the pan and bring to the boil over high heat.

**4** Meanwhile, add the dry ingredients to the wet ingredients and mix until well combined. Spray the pudding basin with cooking spray. Line the base with a round of baking paper. Spoon the pudding mix into the basin and smooth out with the back of a spoon. Place and lock on the lid.

**5** Place an upturned saucer into the pan and sit the basin on top of the saucer. Cover and reduce heat to medium. Simmer, covered, for 1 hour 20 – 1 hour 30 minutes or until

the pudding is cooked through. To do this, remove the pudding after 1 hour 20 minutes. Carefully remove the lid and place a fine skewer into the middle of the pudding. It is ready when the skewer comes out clean. If it isn't ready, simply put the lid back on and return to the pan and continue cooking.

**6** To serve, remove the pudding from the pan and set aside for 10 minutes. Turn the pudding out onto a serving plate. Serve with the berries. Dust with icing sugar, if you like.

### NUTRITIONAL INFO

**PER SERVE** 637kJ (152Cal), **protein** 6g, **total fat** 8g (sat. fat 1g), **carbs** 11g, **fibre** 5g, **sodium** 83mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**

### COOK'S TIP

To reheat pudding, keep in the pudding basin. Allow to cool then store in the fridge. Once ready to eat, return to a pan of boiling water and cook for 1 hour to warm through. Alternatively, you can remove the pudding from the basin when first cooked. Allow to cool. Cover then keep in the fridge until ready to serve. Cut portions and put on microwave-safe plates. Heat on medium/50% for 1-2 minutes or until warmed through.



# *in season:* **CHERRIES**

Your guide to cherry-picking the best fruit for decadent summer desserts

## **AT THEIR BEST**

Australian cherries are available from November to February. The various varieties are picked at specific times, so you will see different types of cherries in store across the season.

## **SELECT**

Choose cherries with green stems attached. They should look plump and have shiny skin. (The colour of the cherry will depend on the variety.) Avoid fruit that looks soft and bruised or small and hard.

## **PREPARE**

Simply wash cherries just before eating. There is no need to pit them if you're eating them raw. But if you're cooking the cherries, use a cherry pitter, or simply make a slit in one side of the fruit and remove the stone.

## **STORE**

Cherries do not ripen once picked, and they last longer when their stem is intact. Keep them in an airtight

container or plastic bag in the fridge for up to 4 days. You can also pit cherries and freeze them for up to 6 months.

## **NUTRITION**

These little bursts of sweetness pack a huge health punch. They're high in anthocyanins, the antioxidants found in red-coloured fruit, which may help reduce inflammation and could improve your mood. Cherries are also a source of vitamin C and are low GI, great for general health and wellbeing. A 100g serve of fresh cherries contains only 250kJ, 11gs of carbs (½ exchange) and 2g of fibre.

## **QUICK IDEAS**

- Cherries are at their best when just eaten as they are. Their sweet and juicy flavour is just the thing to curb any sweet cravings.
- Use in fruit salads (recipe p. 62) or dip in a little melted white chocolate for a special treat without the guilt.
- Make a quick and easy dessert by finely chopping cherries and sprinkling them over low-fat ice-cream with a little diet chocolate topping.
- These little sweeties work just as well in savoury dishes. They're delicious served with turkey and chicken at Christmas, and also great on sandwiches.





in season

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 00

Baked cherry  
cheesecake  
Recipe, page 62

#### NUTRITION INFO

**PER SERVE** (with sugar) 914kJ (219Cal), **protein** 10g, **total fat** 12g (sat. fat 7g), **carbs** 18g, **fibre** 0g, **sodium** 178mg • Carb exchanges 1 • GI estimate medium • Gluten-free option

**PER SERVE** (with sugar substitute) 723kJ (173Cal), **protein** 10g, **total fat** 12g (sat. fat 7g), **carbs** 6g, **fibre** 0g, **sodium** 179mg • Carb exchanges 6 • GI estimate low • Gluten-free option • Lower carb



in season

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## BAKED CHERRY CHEESECAKE

**PREP** 15 MINS (+ 2 HOURS COOLING & 6 HOURS CHILLING)

**COOK** 1 HOUR-1 HOUR 15 MINS

**SERVES** 12 (AS AN OCCASIONAL DESSERT)

500g fresh ricotta  
220g tub light cream cheese  
160g ( $\frac{2}{3}$  cup) caster sugar or  $\frac{2}{3}$  cup granulated sugar substitute  
260g (1 cup) diet vanilla yoghurt  
 $\frac{1}{2}$  tsp vanilla bean paste  
2 x 60g eggs  
3 x 60g eggs, separated  
150g cherries, pitted, finely chopped  
100g extra cherries, to serve  
Icing sugar or gluten-free icing sugar, for dusting (optional)

**1** Preheat oven to 140°C (fan-forced). Grease a 20cm springform tin with cooking spray and line the base and side with baking paper.

**2** Put the ricotta, cream cheese and sugar in a large bowl. Use an electric mixer to beat until mixture is well combined and almost smooth. Add the yoghurt and beat until well combined. Add the 2 whole eggs, one at a time, and beat until well combined. Add the remaining 3 egg yolks and beat until well combined.

**3** Use electric beaters to whisk the egg whites in a clean, dry bowl until soft peaks form. Add to the ricotta mixture and fold in using a large metal spoon. Fold in the chopped cherries. Pour the mixture into the prepared tin. Bake for 60-75 minutes or until set and light golden brown.

**4** Turn off oven and prop open the door with a wooden spoon. Leave cheesecake in the oven for 2-3 hours or until cooled. Once cool, cover loosely in plastic wrap and place in the fridge for 6 hours or until well chilled.

**5** Carefully remove the sides of the tin. Line a plate with baking paper and place on top of the cheesecake. Carefully turn cheesecake upside down onto the plate. Remove base and paper. Place a serving plate on the base of the cheesecake and turn the right way up. Serve with extra cherries and dust with icing sugar, if you like.

### COOK'S TIP

If you don't have vanilla bean paste you can replace with 1 tsp vanilla essence. You can also replace the vanilla yoghurt with a flavoured yoghurt of your choice.

GF

## SUMMER CHERRY FRUIT SALAD

**PREP** 15 MINS

**SERVES** 2 (AS A DESSERT OR A SNACK)

200g cherries, pitted, quartered  
200g strawberries, quartered  
1 kiwifruit, peeled, chopped or cut into thin wedges  
125g punnet raspberries  
2 passionfruit, pulp removed

**1** Put the cherries, strawberries, kiwifruit, raspberries and passionfruit in a large bowl. Toss to combine.

**2** Divide the fruit salad between serving bowls. Serve.

### COOK'S TIP

Try replacing the raspberries with blueberries (or use half of each).



## Summer cherry fruit salad

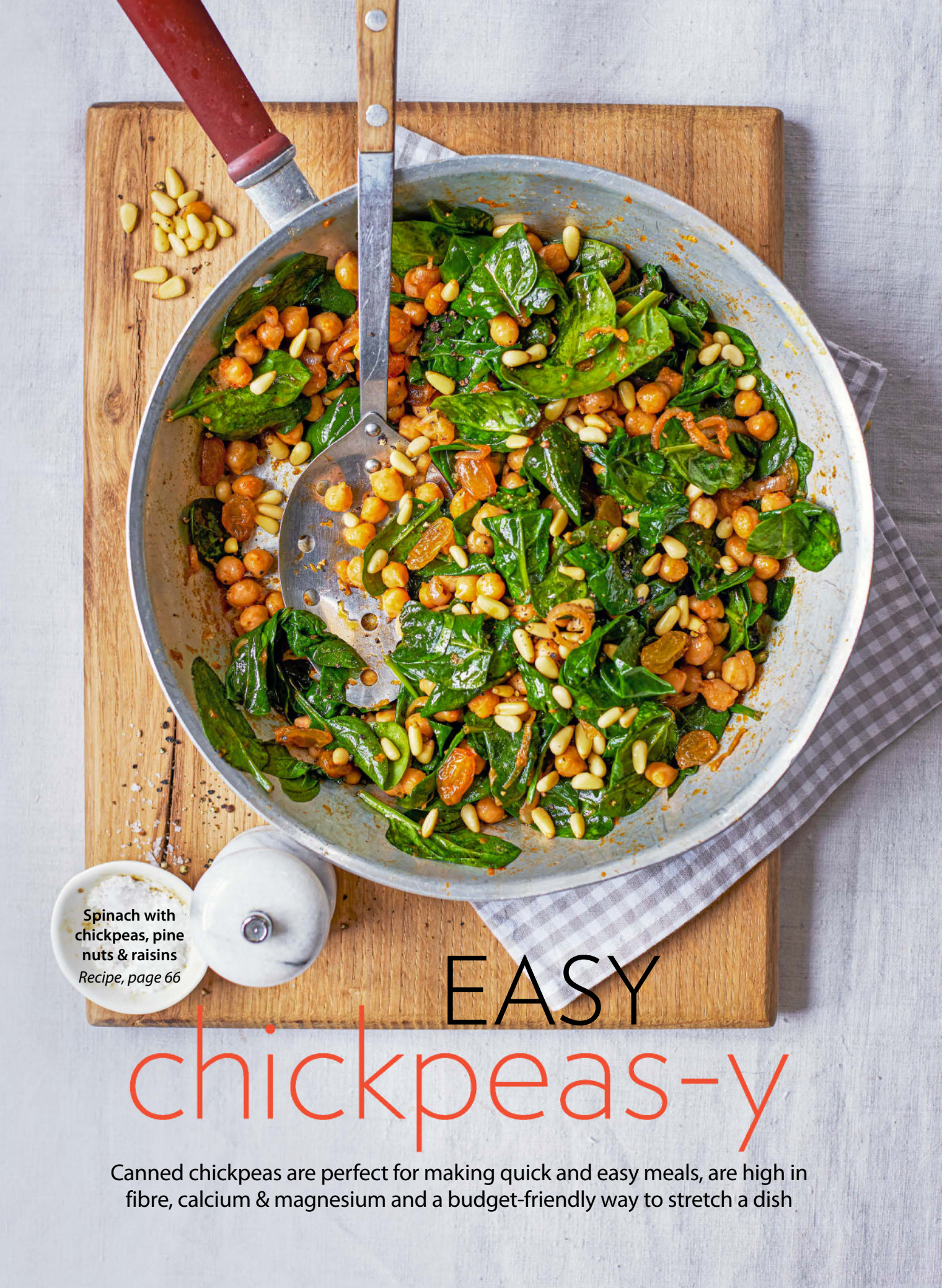
*Recipe, opposite*

### NUTRITION INFO

**PER SERVE** 630kJ (151Cal), **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 24g, **fibre** 11g, **sodium** 5mg • **Carb exchanges** 1½ • **GI estimate** low  
• **Gluten free**







Spinach with  
chickpeas, pine  
nuts & raisins  
*Recipe, page 66*

# EASY chickpeas-y

Canned chickpeas are perfect for making quick and easy meals, are high in fibre, calcium & magnesium and a budget-friendly way to stretch a dish





**HOW OUR  
FOOD WORKS  
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see page 92

**GFO**

## **SMOKY CHICKPEAS ON TOAST**

**PREP 5 MINS COOK 10 MINS SERVES 2 (AS A MAIN)**

1 tsp olive oil  
½ small brown onion, chopped  
2 tsp chipotle sauce  
250ml (1 cup) passata  
420g can no-added-salt chickpeas,  
drained and rinsed  
2 tsp honey  
2 tsp red wine vinegar  
4 (38g each) slices sourdough  
bread or gluten-free bread,  
toasted  
2 x 60g eggs

**1** Heat ½ tsp of the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until the onion softens.

Add the chipotle sauce, passata, chickpeas, honey and vinegar. Stir. Simmer, stirring occasionally, for 5 minutes.

**2** Heat the remaining oil in a small non-stick frying pan over medium heat. Add the eggs and cook for 2-3 minutes or until cooked to your liking.

**3** Top the toast with the chickpea mixture and fried egg.

### **NUTRITIONAL INFO**

**PER SERVE** 1790kJ (429Cal),  
**protein** 23g, **total fat** 9g (sat. fat  
2g), **carbs** 58g, **fibre** 11g, **sodium**  
778mg • **Carb exchanges** 4 • **GI**  
**estimate** low • **Gluten-free option**



3 ways

GF

### SPINACH WITH CHICKPEAS, PINE NUTS & RAISINS

PREP 5 MINS COOK 10 MINS  
SERVES 4 (AS A SIDE)

1 tbsp olive oil  
2 green shallots, thinly sliced  
2 cloves garlic, crushed  
½ tsp ground cumin  
½ tsp smoked paprika  
420g can no-added-salt chickpeas, drained, rinsed  
⅓ cup raisins  
200g baby spinach leaves  
2 tbsp toasted pine nuts

1 Heat the oil in a large non-stick frying pan over medium heat. Add the shallots and garlic. Cook, stirring, for 30 seconds.

2 Add the cumin, paprika, chickpeas and raisins to the pan. Cook, stirring, for 2 minutes.

3 Add the spinach and cook, stirring, for 1-2 minutes or until the spinach wilts. Stir in the pine nuts and serve.

#### NUTRITIONAL INFO

PER SERVE 795kJ (190Cal), protein 6g, total fat 10g (sat. fat 1g), carbs 17g, fibre 6g, sodium 69mg • Carb exchanges 1 • GI estimate low • Gluten free

#### COOK'S TIP

Serve with 120g cooked skinless chicken breast and 40g leafy green salad mix, ¼ sliced avocado and squeeze of lemon.

#### NUTRITIONAL INFO

PER SERVE 1680kJ (402Cal), protein 43g, total fat 16g (sat. fat 3g), carbs 17g, fibre 8g, sodium 128mg • Carb exchanges 1 • GI estimate low • Gluten free

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### CHORIZO & CHICKPEA SUMMER STEW

PREP 10 MINS COOK 20 MINS  
SERVES 4 (AS A MAIN)

1 tbsp olive oil  
2 cloves garlic, crushed  
2 sprigs thyme  
1 tbsp smoked paprika  
200g chorizo or gluten-free chorizo, sliced into thin rounds  
1 tbsp sherry vinegar  
600g cherry tomatoes, halved  
450g jar roasted red peppers, drained and cut into large strips  
100g baby spinach leaves  
2 x 420g cans no-added-salt chickpeas, drained and rinsed  
100ml water  
Freshly ground black pepper  
2 tsp extra virgin olive oil, to serve  
2 cups cooked cous cous, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the garlic, thyme and smoked paprika. Cook, stirring, for 1 minute. Add the chorizo and cook, stirring, for 2 minutes or until the oil releases from the chorizo. Stir in the sherry vinegar and simmer for 1 minute.

2 Add the tomatoes, peppers, spinach, chickpeas and water to the pan. Bring to the boil, then reduce heat to a simmer and cook, stirring occasionally, for 15 minutes or until the sauce thickens. Season with pepper. Drizzle with the extra virgin olive oil and serve with the cous cous.

#### NUTRITIONAL INFO

PER SERVE 2070kJ (494Cal), protein 23g, total fat 19g (sat. fat 6g), carbs 51g, fibre 13g, sodium 776mg • Carb exchanges 3½ • GI estimate low • Gluten-free option



### LOWER-CARB OPTION

Omit the cous cous and serve with  
4 Simson's Pantry Keto Wraps

### NUTRITIONAL INFO

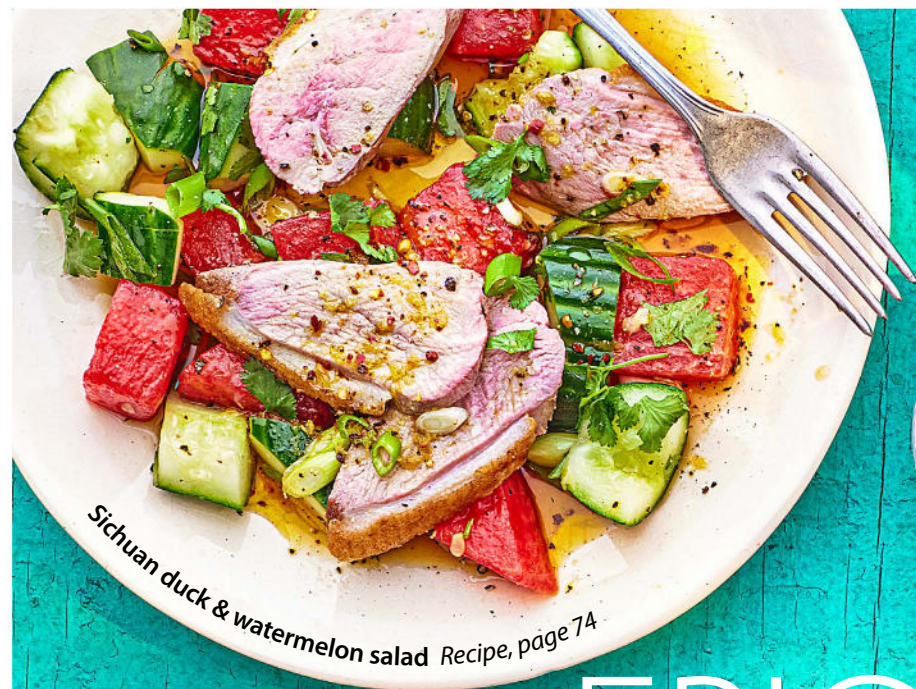
**PER SERVE** 1940kJ (464Cal),  
**protein** 26g, **total fat** 24g (sat. fat  
7g), **carbs** 20g, **fibre** 20g, **sodium**  
945mg • **Carb exchanges** 1½ • **GI**  
**estimate** low • **Gluten-free option**  
• **Lower-carb option**

### Chorizo & chickpea summer stew

*Recipe, opposite page*







Sichuan duck & watermelon salad Recipe, page 74



# EPIC *summer* Salads



Sticky eggplant & tomato salad Recipe, page 70





Marinated tomato salad Recipe, page 72



**HOW OUR  
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see page 92



## light meals

GFO

### STICKY EGGPLANT & TOMATO SALAD

PREP 15 MINS COOK 30 MINS

SERVES 6 (AS A SIDE)

- 2 eggplant (around 450g), quartered lengthways
- Freshly ground black pepper
- 1½ tbsp olive oil
- 500g vine-ripened tomatoes, chopped into chunks
- 1 small red onion, thinly sliced
- 2 tbsp rice wine vinegar
- 2 tbsp extra virgin olive oil
- 1 bunch coriander, finely chopped

#### DRESSING

- 60ml (¼ cup) rice vinegar
- 1½ tbsp salt-reduced soy sauce or gluten-free soy sauce
- 1½ tbsp honey
- 2 large cloves garlic, finely grated

1 Preheat grill on medium-high. Line a baking tray with baking paper

2 To make the dressing, put all the ingredients in a small saucepan. Bring to a simmer over medium-high heat. Reduce heat to medium-low and simmer for 2 minutes. Remove the pan from the heat and set aside.

3 Preheat oven to 180°C (fan-forced). Season the eggplant slices with pepper and brush over the olive oil. Arrange in a single layer over the lined tray and grill for 10 minutes or until dark golden brown and beginning to blacken.

4 Put 4 tbsp of the dressing into a small bowl and set aside. Brush the eggplant slices with a third of the remaining dressing and roast for 5 minutes. Brush with another third of the dressing and roast for a further 5 minutes. Brush with the remaining dressing and roast for a final 5 minutes. Set aside to cool.

5 Put the tomatoes in a bowl with the red onion, rice vinegar, extra virgin olive oil, the reserved 4 tbsp dressing and half the coriander. Season with pepper and toss to coat. Set aside for 10 minutes.

6 To serve, arrange the tomato salad on a platter, top with the sticky eggplant slices and scatter over the remaining coriander.

#### NUTRITION INFO

PER SERVE 681kJ (148Cal), protein 2g, total fat 11g (sat. fat 2g), carbs 12g, fibre 4g, sodium 202mg

- Carb exchanges 1 • GI estimate medium
- Gluten-free option



GF

### GRILLED MANGO, TOMATO & BURRATA PLATTER

PREP 15 MINS COOK 5 MINS

SERVES 4 (AS A LIGHT MEAL)

- 1 large mango, peeled and cut into thin wedges
- 1 tsp olive oil
- 90ml lime juice (around 3-4 limes)
- 1 tbsp fish sauce
- 80g (½ cup) brown sugar
- 2 cloves garlic, crushed
- 1-2 small red chillies, finely chopped (depending on how hot you like it)
- 450g tomatoes, halved or sliced (the more colourful the better – we used mixed cherry tomatoes)
- 1 eschalot, thinly sliced
- Large handful basil, finely chopped, plus a few small leaves, to serve
- Small handful Thai basil, finely chopped (optional)
- 2 green shallots, thinly diagonally sliced
- 180g burrata

1 Preheat a chargrill over medium heat. Toss the mango with the oil and add to the grill. Cook for 2 minutes on each side until you get visible char marks. Transfer to a large bowl and toss with 2 teaspoons of the lime juice.

2 Whisk the remaining lime juice with the fish sauce, sugar, garlic and chilli in a small bowl. Combine half the dressing with the tomatoes, shallot and herbs. Set aside for 10 minutes to allow the flavours to develop.

3 Toss the green shallots with the tomato mixture before arranging on a serving platter. Add the mango and top with the burrata. Break open the creamy cheese centre and garnish with the extra basil and more spoonfuls of the dressing.

#### NUTRITION INFO

PER SERVE 1210kJ (289Cal), protein 7g, total fat 11g (sat. fat 7g), carbs 38g, fibre 5g, sodium 612mg

- Carb exchanges 2½ • GI estimate low • Gluten free





Grilled mango, tomato & burrata platter Recipe, opposite



## light meals

GFO LC

### MARINATED TOMATO SALAD

**PREP** 10 MINS **COOK** 5 MINS (+1 HOUR MARINATING)  
**SERVES** 4 (AS A SIDE)

500g vine-ripened tomatoes, chopped into equal-sized pieces

Freshly ground black pepper

200g fresh ricotta

Zest of 1 lemon

½ bunch of chives, finely chopped

#### DRESSING

2 tbsp olive oil

1½ tbsp unsalted chopped mixed nuts

2 large cloves garlic, finely grated

2cm piece ginger, peeled and grated

½-1 tsp chilli flakes

2 tbsp rice wine vinegar

2 tbsp salt-reduced soy sauce or gluten-free soy sauce

1 tbsp sugar

1 To make the dressing, heat the oil in a small saucepan over medium heat. Add the nuts and cook, stirring, for 2 minutes or until golden. Stir in the garlic, ginger and chilli flakes. Cook, stirring, for 1 minute.

2 Remove the pan from the heat and carefully add the rice vinegar, soy sauce and sugar, stirring to combine. Set aside for 15 minutes to cool.

3 Put the tomatoes in a large bowl with half the dressing. Season with pepper. Toss to coat. Set aside to marinate for at least 30 minutes or up to 1 hour.

4 Just before serving, tip the ricotta and lemon zest into a bowl. Season with pepper and whisk for 1 minute or until smooth and creamy.

5 Spread the whipped ricotta onto a large plate. Pile the marinated tomatoes on top, discarding any excess marinade. Top with the chopped chives and drizzle over the reserved dressing.

#### NUTRITION INFO

**PER SERVE** 993kJ (238Cal), **protein** 8g, **total fat** 18g (sat. fat 6g), **carbs** 10g, **fibre** 2g, **sodium** 488mg • **Carb exchanges** ½  
• **GI estimate** low • **Gluten-free option**  
• **Lower carb**

GFO LC

### CRUSTED FETA WITH ROCKET & WATERMELON SALAD

**PREP** 20 MINS **COOK** 10 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

2 tbsp plain flour or gluten-free flour

1 x 60g egg, lightly whisked

20g (¼ cup) panko breadcrumbs or gluten-free breadcrumbs

200g reduced-fat feta

1½ tbsp olive oil

#### SALAD

1½ tbsp extra-virgin olive oil

½ small red chilli, deseeded and finely chopped

2 tsp white wine vinegar

1 tsp honey

Freshly ground black pepper

200g watermelon, cut into small wedges

90g rocket leaves

Few basil leaves, chopped

Few mint leaves, picked

1 Preheat oven to 180°C (fan-forced). Put the flour, egg and breadcrumbs in three separate shallow bowls. Dip the block of feta into the flour, then the egg, then the breadcrumbs until well coated. Heat the oil in a medium non-stick frying pan set over medium heat. Once hot, add the feta and cook for 2-3 minutes each side or until golden brown.

2 To make the salad, whisk the oil, chilli, vinegar and honey in a small bowl. Season with pepper. Arrange the watermelon and rocket onto a serving platter, drizzling over most of the dressing. Top with the crusted feta, and spoon over the remaining dressing. Scatter with the basil and mint and serve.

#### NUTRITION INFO

**PER SERVE** 1360kJ (325Cal), **protein** 17g, **total fat** 23g (sat. fat 7g), **carbs** 13g, **fibre** 1g, **sodium** 606mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**





Crusted feta with rocket & watermelon salad Recipe, opposite



## light meals

GFO LC

### SICHUAN DUCK & WATERMELON SALAD

PREP 15 MINS COOK 25 MINS

SERVES 2 (AS A MAIN MEAL)

1 (120g) duck breast (see Cook's tip)  
1 Lebanese cucumber  
4 green shallots, thinly sliced  
300g peeled watermelon chunks  
Handful of coriander, roughly chopped  
Freshly ground black pepper

#### DRESSING

½ tsp Sichuan peppercorns (see Cook's tip)  
½ tsp chilli flakes  
1 clove garlic, finely grated  
2cm piece ginger, peeled and finely grated  
2 tsp olive oil  
2 tbsp salt-reduced soy sauce or gluten-free salt-reduced soy sauce  
2 tbsp rice wine vinegar  
1 tbsp honey

1 To make the dressing, place the peppercorns in a mortar and use the pestle to pound until finely ground. Stir in the chilli flakes, garlic and ginger.

2 Heat the oil in a small saucepan over medium-high heat for 1 minute. Carefully pour the hot oil into the peppercorn mix. Add the soy sauce, rice vinegar and honey and stir well to combine. Set aside.

#### COOK'S TIP

You can replace the duck breast with skinless chicken breast fillet, trimmed of fat. Simply pan-fry on each side for 4 mins over medium heat (don't need to cook in the oven).

#### COOK'S TIP

You can replace the Sichuan peppercorns with a combination of regular black peppercorns and coriander seeds.

3 Preheat the oven to 180°C (fan-forced). Use paper towel to pat the skin of the duck breast dry. Use a sharp knife to score the skin.

4 Lay the duck skin-side down in a dry, non-stick frying pan over medium heat. Cook undisturbed for 5 minutes or until the skin is golden brown and crisp. Turn and cook for a further 1 minute. Transfer to a baking tray. Roast for 10 minutes for pink, or longer if you prefer. Transfer to a chopping board to rest for 10 minutes. Slice into thin strips.

5 Use a rolling pin to gently bash the cucumber until it breaks up into large pieces, then chop these into bite-sized pieces. Transfer to a large bowl along with the green shallots, watermelon and coriander. Season with pepper. Add all but 2 tbsp of the dressing, and toss to coat.

6 Transfer the salad to a serving platter and top with the duck slices. Drizzle the remaining dressing over. Serve.

#### NUTRITION INFO

**PER SERVE** 1910kJ (457Cal), **protein** 11g, **total fat** 34g (sat. fat 10g), **carbs** 26g, **fibre** 3g, **sodium** 831mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**





Sichuan duck & watermelon salad Recipe, opposite





Christmas biscuits  
*Recipe, page 78*

# ALL WRAPPED UP

There's still time to spread some Christmas cheer with fabulously festive pies, puds and cakes that are made for sharing



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92

**Cherry and apple  
fruit pies**  
*Recipe, page 80*



## CHRISTMAS BISCUITS

**PREP** 15 MINS (+ 50 MINS CHILLING AND 20 MINS SETTING)  
**COOK** 40 MINS  
**MAKES** 30 (2 PER SERVE AS A SNACK)

60g egg  
 1 egg yolk (from 60g egg)  
 110g (½ cup) caster sugar  
 60g light margarine  
 1 tsp vanilla extract  
 160g (1 cup) wholemeal plain flour  
 80g (½ cup) self-raising flour  
 Extra flour, for dusting  
 60 pieces sliced almonds (skin on)  
 10 silver balls  
 5 hazelnuts, halved  
 3 tbsp icing sugar mixture, sifted  
 ½-1 tsp water

1 Put egg and egg yolk in a small bowl and whisk to combine. Set aside. Put caster sugar, margarine and vanilla in a medium bowl. Using a wooden spoon, mix until well combined. Add egg and flours to sugar mixture and stir until the mixture comes together to form a ball. Turn out onto a lightly floured surface and knead gently until smooth. Divide mixture into 2 and flatten into discs. Wrap and place in fridge for 30 minutes to chill.

2 Preheat oven to 160°C (fan-forced). Line 3 oven trays with baking paper. Remove 1 piece of dough from the fridge. Roll out between 2 pieces of lightly floured baking paper until 2-3mm thick. Use an 8cm (point to point) star cutter, a 7.5cm (top to bottom) Christmas tree cutter and a 6.5cm round cutter to cut shapes out of the dough, re-rolling if necessary.

Arrange shapes on prepared trays. Repeat with remaining piece of dough to make 30 biscuits in total (10 of each shape).

3 Lightly press a piece of almond into each point of 1 star. Push a silver ball into the middle of the star. Repeat with remaining almonds, balls and stars. Push a hazelnut half into the middle of each round dough shape. Refrigerate trays for 20 minutes to chill.

4 Transfer 2 trays to oven and bake for 16-18 minutes or until biscuits are light golden brown. Set aside on trays for 5 minutes to cool slightly before transferring to wire racks to cool completely. Add remaining tray to oven and bake as above.

5 Combine icing sugar mixture and enough water to form a smooth paste. Transfer to a small resealable bag and seal. Cut a tiny hole in one corner of the bag. Use bag to pipe mixture around the edges and to make buttons down the middle of trees. Set aside for 20 minutes or until icing is set. Serve.

### NUTRITION INFO

**PER SERVE** 555kJ (133Cal), **protein** 3g, **total fat** 4g (sat. fat 1g), **carbs** 20g, **fibre** 2g, **sodium** 62mg • **Carb exchanges** 1½ • **GI estimate** high

### COOK'S TIP

You can keep the biscuits in an airtight container for up to 2 weeks.

## MINI FRUIT CAKES

**PREP** 15 MINS (+ 1 HOUR MACERATING) **COOK** 25 MINS  
**MAKES** 36 (2 PER SERVE AS A SNACK)

200g raisins, finely chopped  
 70g pkt dried blueberries  
 100g dried peaches, finely chopped  
 100g glacé cherries, finely chopped  
 100ml whisky, warmed  
 2 x 60g eggs, lightly whisked  
 40g light margarine, melted and cooled  
 120g tub unsweetened apple purée  
 2 tbsp skim milk  
 3 tbsp St Dalfour Orange Marmalade  
 160g (1 cup) wholemeal plain flour  
 1 tsp baking powder  
 1 tsp mixed spice

1 Put raisins, blueberries, peaches, cherries and whisky in a medium bowl and stir well. Set aside for 1 hour to macerate.

2 Preheat oven to 140°C (fan-forced). Spray 36 x 30ml (1½ tbsp) mini muffin tin holes with cooking spray.

3 Add egg, margarine, apple purée, milk and marmalade to fruit mixture. Stir until well combined. Sift flour, baking powder and mixed spice into mixture. Stir until well combined.

4 Divide batter evenly between muffin tin holes. Transfer to oven and bake for 20-25 minutes or until cooked when tested with a skewer. Set aside in the tins for 5 minutes before loosening the edges with a small knife. Turn out onto a wire rack to cool completely before serving.



### **COOK'S TIP**

These can be kept in an airtight container for up to 1 week. To freeze, wrap individually in plastic wrap and put in a resealable freezer bag, expelling any air. Label, date and freeze for up to 4 months.

#### **Mini fruit cakes**

*Recipe, page opposite*

#### **NUTRITION INFO**

**PER SERVE** 600kJ (144Cal), **protein** 3g, **total fat** 2g (sat. fat 1g), **carbs** 26g, **fibre** 2g, **sodium** 42mg • **Carb exchanges** 1½ • **GI estimate** medium



## festive bakes

### CHERRY AND APPLE FRUIT PIES

**PREP** 20 MINS (+ 30 MINS COOLING)

**COOK** 50 MINS

**MAKES** 12 (1 PER SERVE AS A SNACK OR DESSERT)

- 1 sheet 25% reduced-fat puff pastry, thawed
- 1 sheet 25% reduced-fat shortcrust pastry, thawed
- 60g egg, lightly whisked
- Icing sugar, for dusting (optional)

#### FILLING

- 1 green apple, unpeeled, cored, finely chopped
- 300g cherries, pitted, chopped
- Finely grated zest of ½ mandarin
- 60ml (¼ cup) water
- 3 tbsp caster sugar
- ½ tsp ground cinnamon

1 To make filling, put apple, cherries, mandarin zest, water and sugar in a medium saucepan. Cook, stirring, over a medium heat until sugar dissolves. Increase heat to high and bring to the boil. Reduce heat to medium-low and cook, covered, for 25-30 minutes or until fruit is soft and the mixture is thick and spoonable. Stir in cinnamon. Transfer to a medium bowl and set aside for 30 minutes to cool.

2 Preheat oven to 200°C (fan-forced). Using a 6.5cm round cutter, cut 12 rounds out of each sheet of pastry, discarding remaining pastry. Use the shortcrust rounds to line a 12 x 30ml (1½ tbsp) round-based patty pan. Divide cooled filling evenly between pastry cases.

3 Using a 2.5cm fluted cutter, cut a piece out of the middle of each puff pastry round, discarding pieces. Brush the edges of the pastry cases with a little egg. Put puff pastry circles on top and press edges to seal. Brush tops with a little egg.

4 Reduce oven temperature to

180°C (fan-forced). Add pies to oven and bake for 16-18 minutes or until pastry is golden brown. Set aside for 10 minutes to cool slightly. Remove from pan. Serve warm or at room temperature, dusting with icing sugar, if you like.

#### NUTRITION INFO

**PER SERVE** 445kJ (106Cal),  
**protein** 2g, **total fat** 3g (sat. fat 1g), **carbs** 17g, **fibre** 1g, **sodium** 110mg • **Carb exchanges** 1  
• **GI estimate** low

#### COOK'S TIP

The pies will keep in the fridge for up to 4 days. You can reheat them in the oven if you prefer to serve them warm. Arrange on an oven tray lined with baking paper and cover loosely with foil. Bake in an oven preheated to 150°C (fan-forced) for 5-10 minutes or until heated through.

### INDIVIDUAL CHRISTMAS PUDDINGS

**PREP** 10 MINS (+ 1 HOUR

MACERATING) **COOK** 25 MINS

**SERVES** 8 (AS AN OCCASIONAL DESSERT)

- 100g pitted dried dates, finely chopped
- 70g pitted prunes, finely chopped
- 100g Freshlife Sweetened Dried Pineapple, finely chopped
- 3 tbsp strawberry liqueur, warmed
- 110g (2⅓ cup) wholemeal self-raising flour
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- 50g light margarine, melted and cooled
- 60g egg, lightly whisked
- 80ml (⅓ cup) skim milk
- 8 tbsp low-fat custard, to serve
- 8 cherries, to serve

1 Put dates, prunes, pineapple and strawberry liqueur in a medium bowl and stir to combine. Set aside for 1 hour to macerate.

2 Preheat oven to 140°C (fan-forced). Spray 8 x 125ml (½ cup) ovenproof ramekins with cooking spray. Line bases with baking paper.

3 Add flour, cinnamon, ginger, margarine, egg and milk to fruit mixture and stir until well combined. Divide mixture evenly between prepared ramekins. Use a teaspoon to smooth the surfaces.

4 Arrange ramekins in an ovenproof dish and transfer to the oven. Carefully pour hot water into the dish, so that it comes halfway up the sides of the ramekins. Bake for 20-25 minutes or until cooked when tested with a skewer. Remove ramekins from water and set aside for 5 minutes to cool slightly.

5 Use a small knife to loosen puddings around the edges. Turn out puddings onto a plate then turn upright onto serving plates. Serve with custard and cherries, if using.

#### NUTRITION INFO

**PER SERVE** 985kJ (236Cal),  
**protein** 4g, **total fat** 4g (sat. fat 2g),  
**carbs** 41g, **fibre** 4g, **sodium** 182mg • **Carb exchanges** 2½  
• **GI estimate** medium

#### COOK'S TIP

Keep puddings in the fridge for up to 1 week. Alternatively, wrap individually in plastic wrap and put in a resealable freezer bag, expelling any air. Label, date and freeze for up to 4 months.





Individual Christmas  
puddings  
*Recipe, page opposite*



# RISE AND shine

Quick, easy and delicious, these super breakfasts will have you leaping out of bed each morning

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 92



**Cardamom & peach  
quinoa porridge**  
*Recipe, page 85*





**Banana pancakes**  
*Recipe, page 86*



**Kale, tomato & poached  
egg on toast**  
*Recipe, page opposite*





GFO LC

**KALE, TOMATO & POACHED EGG ON TOAST****PREP** 5 MINS**COOK** 10 MINS**SERVES** 2 (AS A BREAKFAST)

2 tsp olive oil  
 100g trimmed kale, chopped  
 1 clove garlic, crushed  
 ¼-½tsp chilli flakes  
 2 x 60g eggs, at room temperature  
 2 slices multigrain bread or gluten-free bread, toasted  
 50g cherry tomatoes, halved  
 15g reduced-fat feta, crumbled

**1** Bring a large saucepan of water to the boil over high heat. Heat the oil in a medium non-stick frying pan over medium heat. Add the kale, garlic and chilli flakes. Cook, stirring occasionally, for 4 minutes or until the kale begins to crisp and wilt to half its size. Set aside.

**2** Adjust the heat so the water is at a rolling boil. Use a wooden spoon to stir the water in circles to create a whirlpool. Carefully add the eggs to the water and poach for 2 minutes.

**3** Use a slotted spoon to remove the poached eggs. Place one egg on each piece of toast. Serve with half the kale, the cherry tomatoes and feta.

**NUTRITION INFO**

**PER SERVE** 1060kJ (252Cal), **protein** 16g, **total fat** 13g (sat. fat 3g), **carbs** 15g, **fibre** 5g, **sodium** 347mg • **Carb exchanges** 1 • **GI estimate** low  
 • **Gluten-free option** • **Lower carb**

**HEALTH TIP**

For a bigger protein hit to keep you feeling fuller for longer, double the eggs to allow 2 eggs per serve.

**PER SERVE** 1380kJ (330Cal), **protein** 23g, **total fat** 18g (sat. fat 4g), **carbs** 15g, **fibre** 5g, **sodium** 437mg • **Carb exchanges** 1 • **GI estimate** low  
 • **Gluten-free option** • **Lower carb**

**CARDAMOM & PEACH QUINOA PORRIDGE****PREP** 5 MINS**COOK** 20 MINS**SERVES** 2 (AS A BREAKFAST)

75g quinoa  
 4 tbsp rolled oats  
 4 cardamom pods  
 250ml (1 cup) water  
 250ml (1 cup) unsweetened almond milk  
 2 ripe peaches, cut into slices  
 1 tsp sugar-free maple syrup

**1** Put the quinoa, oats and cardamom pods in a small saucepan with the water and 100ml of the almond milk. Bring to the boil over medium heat. Reduce heat to medium-low and simmer, stirring occasionally, for 15 minutes.

**2** Pour the remaining almond milk into the saucepan and cook for a further 5 minutes or until creamy.

**3** Remove the cardamom pods and spoon into bowls or jars. Top with the peaches and maple syrup.

**NUTRITION INFO**

**PER SERVE** 1250kJ (299Cal), **protein** 8g, **total fat** 7g (sat. fat 1g), **carbs** 44g, **fibre** 9g, **sodium** 87mg • **Carb exchanges** 3  
 • **GI estimate** low

**COOK'S TIP**

If you don't have peaches, try another stone fruit, like nectarines, or other fruits, like berries, sliced apples or pears, or even bananas.



GF LC

## BANANA PANCAKES

PREP 5 MINS

COOK 5 MINS

SERVES 2 (AS A BREAKFAST)

1 large banana  
2 x 60g eggs, whisked  
Pinch of baking powder  
½ tsp vanilla extract  
1 tsp olive oil  
3 tbsp roughly chopped pecans  
125g punnet raspberries

1 Place the banana in a bowl and use a fork to mash until it resembles a thick puree. Stir in the eggs, baking powder and vanilla extract.

2 Heat a large non-stick frying pan over medium heat and brush with ½ tsp oil. Using half the batter, spoon two pancakes into the pan. Cook for 1-2 minutes each side, then tip onto a plate.

3 Repeat the process with the remaining oil and batter. Top with the pecans and raspberries. Serve.

### NUTRITION INFO

PER SERVE 1130kJ (269Cal),  
protein 10g, total fat 17g (sat. fat 2g), carbs 16g, fibre 6g, sodium 125mg • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb

### COOK'S TIP

If the banana isn't ripe enough to mash, bake at 160°C (fan-forced) for 30 minutes or until the skin is black and the inside soft.

GFO LC

## HAM, MUSHROOM & SPINACH FRITTATA

PREP 5 MINS

COOK 10 MINS

SERVES 2 (AS A BREAKFAST)

1 tsp olive oil  
80g button mushrooms, sliced  
50g salt-reduced ham or gluten-free ham, finely chopped  
80g baby spinach leaves  
Freshly ground black pepper  
4 x 60g eggs, whisked  
2 tbsp grated reduced-fat cheese

1 Preheat grill on high. Heat the oil in a small stoveproof and ovenproof non-stick frying pan over medium-high heat. Add the mushrooms and cook, stirring, for 2 minutes. Stir in the ham and spinach. Cook, stirring, for 1 minute or until the spinach just wilts. Season with pepper.

2 Reduce the pan heat to medium and pour over the eggs. Cook, undisturbed for 3 minutes or until eggs are mostly set. Sprinkle over the cheese and place under the grill. Cook for 2 minutes or until the cheese melts. Serve hot, room temperature or cold.

### NUTRITION INFO

PER SERVE 1030kJ (246Cal),  
protein 24g, total fat 16g (sat. fat 5g), carbs 1g, fibre 2g, sodium 354mg • Carb exchanges 0 • GI estimate n/a • Gluten-free option • Lower carb



**Ham, mushroom &  
spinach frittata**  
*Recipe, page opposite*







# COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

## 5 WISE BUYS

### 1 SEASONAL SAVVY

Buy produce in season to keep costs down. It will be at its nutritional peak and cost about a third less than the same produce out of season.

### 2 A HEALTHY KITCHEN

It will always be cheaper to cook and eat at home rather than snacking on the go. If you plan your meals and your shopping list, you will stick to a budget and eat better.

### 3 BREAK THE HABIT

It is easy to forget all the casual buys – a coffee and a muffin on the run, or tea and toast from the local coffee shop. These are not healthy choices, and they do not come cheap. Aim to cut down to a twice-a-week treat and keep healthy breakfast options at home.

### 4 MONEY-WISE MEAT

Introduce plant-based sources of protein to your diet. Base recipes around beans and pulses, nuts, seeds and soy at least once a week. If this feels like a step too far, bulk out expensive ingredients like lean mince in a bolognese with lentils.

### 5 FISHY BUSINESS

Swap salmon and tuna for smaller varieties, such as sardines and anchovies. By doing this you will cut your intake of potential toxins like mercury and polychlorinated biphenyls (PCBs) as smaller fish accumulate fewer toxins. Plus, these tasty bites are rich in omega 3 and the bone-building combo vitamin D and calcium.





## SECOND DESSERT

GF

Spread 1 Nanna's crepe (heated following packet directions) with 3 tsp lemon curd. Top with  $\frac{1}{3}$  cup blackberries. Fold over into quarters and serve. **Serves 1.**  
**PER SERVE** 546kJ (131Cal), **protein** 2g, **total fat** 2g (sat. fat 0g), **carbs** 24g, **fibre** 5g, **sodium** 45mg  
 • **Carb exchanges**  $1\frac{1}{2}$  • **GI estimate** high  
 • **Gluten free**

## SUPERMARKET CRUSH

### Vitasoy Oat yoghurt

Vitasoy has brought a new range of oat yoghurt to the market, available in three delicious flavours including blueberry, vanilla and summer fruits. Perfect on their own or as an addition to your favourite food. The Oat Yoghurts are nutritionally fortified with plant-based sources of protein, calcium, vitamin B12 and vitamin D; and contain a mix of prebiotic soluble fibre and probiotics to support your gut health. **RRP \$3.**

**Available from Coles.**



## QUICK & EASY SUMMER FRUIT SNACKS

GF LC

### WATERMELON FREEZE

Cut 150g (2 slices) watermelon into small chunks and place in a resealable freezer bag, expelling any excess air. Label, date and freeze. Eat straight from the freezer for a cooling and refreshing snack.

**Serves 1.**

**PER SERVE** 200kJ (48Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 11g, **fibre** 1g, **sodium** 5mg  
 • **Carb exchanges**  $\frac{1}{2}$  • **GI estimate** high • **Gluten free** • **Lower carb**

GF

### BERRY SLUSHIE

Put 1 cup of mixed berries (such as strawberries, raspberries and blueberries) and a few mint leaves in a small blender. Add a few ice cubes and 60ml ( $\frac{1}{3}$  cup) chilled 100% orange juice. Blend until a slushie-like consistency, adding a little chilled water if needed to thin it out a little. **Serves 1.**

**PER SERVE** 318kJ (76Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 14g, **fibre** 5g, **sodium** 4mg  
 • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

### YOGHURT WITH MANGO & LIME SWIRL

Cut the flesh off  $\frac{1}{2}$  small mango and process in a small food processor (or you can finely chop it) until smooth. Stir in the zest of half a lime and a small pinch of cardamom.

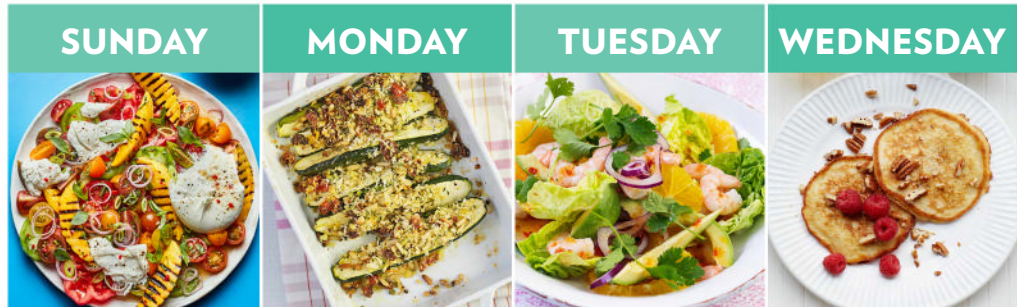
Swirl the mango through 70g ( $\frac{1}{4}$  cup) reduced-fat Greek natural yoghurt. Top with 1 tbsp chopped unsalted pistachios. **Serves 1.**

**PER SERVE** 766kJ (183Cal), **protein** 7g, **total fat** 6g (sat. fat 1g), **carbs** 22g, **fibre** 4g, **sodium** 72mg  
 • **Carb exchanges**  $1\frac{1}{2}$  • **GI estimate** low • **Gluten free**



# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



|                  | SUNDAY                                                                                 | MONDAY                                                                                  | TUESDAY                                                             | WEDNESDAY                                          |
|------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------|
| H <sub>2</sub> O | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                                                         |                                                                     |                                                    |
| Breakfast        | Banana pancakes (p 86)                                                                 | Kale, tomato & poached egg on toast (p 85)                                              | Cardamon & peach quinoa porridge (p 85)                             | Banana pancakes (p 86) <i>pictured.</i>            |
| Snack            | 1 piece of fresh fruit                                                                 | 30g unsalted walnuts                                                                    | 2 small plums                                                       | Yoghurt with mango & lime swirl (p 89)             |
| Lunch            | Grilled mango, tomato & burrata platter (p 70) <i>pictured.</i>                        | 2 slices soy & linseed bread filled with 40g reduced-fat cheese& sliced tomato, toasted | Smoky chickpeas on toast (p 65)                                     | Crusted feta with rocket & watermelon salad (p 72) |
| Optional snack   | Yoghurt with mango & lime swirl (p 89)                                                 | Watermelon freeze (p 89)                                                                | 140g Vitasoy Oat Yoghurt                                            | 30g unsalted walnuts                               |
| Dinner           | Gnocchi bolognaise (p 35)                                                              | Stuffed zucchini (p 18) <i>pictured.</i>                                                | Prawn salad with orange red onion & avocado (p 18) <i>pictured.</i> | Roasted pumpkin with pesto & mozzarella (p 16)     |
| Alcohol          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                                                         |                                                                     |                                                    |
| Optional dessert | 1 cup skim milk                                                                        | 1 cup fruit salad                                                                       | 1 Twisted Supa Pop                                                  | 1 cup fruit salad                                  |
| Exercise         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                                                         |                                                                     |                                                    |



# it's easy!

| THURSDAY                                                                          | FRIDAY                                                                            | SATURDAY                                                                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |  |
| depending on your exercise levels.                                                |                                                                                   |                                                                                   |
| Kale, tomato & poached egg on toast (p 86)                                        | Cardamon & peach quinoa porridge (p 85) <i>pictured</i>                           | Kale, tomato & poached egg on toast (p 85)                                        |
| 2 Vita-weets with 40g reduced fat cheddar                                         | 1 piece of fresh fruit                                                            | The Happy Snack Company Roasted Fava Beans, 25g pack                              |
| Avocado panzanella (p 26) <i>pictured.</i>                                        | Zucchini fritters (p 41)                                                          | Lamb koftas (p 40) <i>pictured.</i>                                               |
| Berry slushie (p 89)                                                              | Watermelon freeze (p 89)                                                          | Berry slushie (p 89)                                                              |
| Thai-style fish broth with greens (p 17)                                          | Chicken tikka with spiced rice (p 18)                                             | Tuna, fennel & bean salad (p 26)                                                  |
| have a couple of alcohol-free days a week.                                        |                                                                                   |                                                                                   |
| 1 cup mixed berries with ½ cup diet vanilla yoghurt                               | 170g tub Chobani yoghurt                                                          | 60 second dessert (p 89)                                                          |
| Always discuss your exercise plans with your doctor first.                        |                                                                                   |                                                                                   |

## KEEP OR THROW

Summer is a great time for entertaining and enjoying outdoor barbeques with friends and family.

However, foods left out for extended periods of time in warm environments can lead to bacteria growth and increased risk of food poisoning. Paying extra attention to food hygiene using the below tips will help you and your family stay happy and healthy these holidays.

**Keep fridges below 5°C and ensure foods are stored quickly.**

When shopping, pick up your frozen and chilled items last and ensure you have a cooler bag to transport them home in.

**Defrost and marinate foods in the refrigerator, not on the kitchen bench.**

Ensure food preparation benches are kept clean and use separate chopping boards and knives for raw and cooked foods. Be mindful that meat/chicken juices do not drip onto other foods and preparation surfaces.

**Aim to store leftover foods quickly in the refrigerator. Discard foods that have been left out for more than 2 hours at room temperature or more than 1 hour if the weather is particularly warm (> 32°C). Discard all stored/refrigerated leftovers after 3 days.**



**IF IN DOUBT,  
THROW IT OUT!**



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## NUTRITIONAL INFO

**PER SERVE** 1320kJ (316Cal),  
**protein** 10g, **total fat** 18g  
(sat. fat 3g), **carbs** 28g, **fibre**  
8g, **sodium** 322mg  
• **Carb exchanges** 2  
• **GI estimate** high  
• **Gluten-free option**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

**Avocado panzanella**  
Recipe, page 26

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# living

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

# well

PHOTOGRAPHY GETTY IMAGES

*“I love how  
summer  
just wraps  
its arms  
around you  
like a warm  
blanket.”*

*Kellie Elmore, writer.*







# PROTEIN:

## DO YOU REALLY NEED MORE?

With food companies producing a growing range of high-protein foods, from breads and cereals to shakes, powders, balls and bars, you might think we all need to be eating more protein. But are we really lacking in protein?

Does having diabetes change your protein needs? And do you need special 'high protein' foods to get enough of this important nutrient? DL magazine dietitian and diabetes educator, Dr Kate Marsh, explains.

### WHY WE NEED PROTEIN

Protein is one of the essential macronutrients in our diet (along with fat and carbohydrate) needed for optimal health and functioning of the body. It is a part of every cell in our body and we need it to build and repair tissues and to make enzymes and hormones. Protein is also important for growth and development in children and teens, and during pregnancy. And it plays an important role in building and maintaining muscle mass, which becomes more important as we get older.

### HOW MUCH PROTEIN DO WE REALLY NEED?

While it's an essential part of our diet, we need less than you might think. Australian recommended dietary intakes for adults 19-70 years are 0.84g per kilogram body weight for men and 0.75g per kilogram of body weight for women. This means that a

man weighing 90kg would need around 75g of protein and a woman weighing 70kg would need around 53g protein per day. And this isn't hard to get. For example ½ cup muesli with 100g Greek yoghurt and berries, a wholegrain tuna (small can) and salad sandwich for lunch, a chicken (100g) and vegetable stir-fry with rice for dinner, and a handful of almonds and a regular-size latte (with dairy or soy milk) for snacks would give you more than 80g of protein.

However, our protein needs increase as we age, so if you are over the age of 70 years you will need more – men 1.07g and women 0.94g per kilogram of body weight. Women who are pregnant or breastfeeding and children also have higher protein needs. And while most of the population is eating enough protein, our national dietary surveys have found that older adults and children are less likely to be meeting their protein needs.









**“We need protein but there is some evidence that eating too much is not good for our health.”**

### **IS HIGH-PROTEIN, LOW-CARB THE WAY TO GO?**

If you are watching your weight and blood glucose levels, you may think you should replace carbs with protein. After all, protein doesn't have the same immediate impact on blood glucose levels that carbs do, and including a little more protein in your diet can help with satiety. But research doesn't support the benefits of high-protein low-carb diets, particularly in the long-term.

A 2012 review of 74 studies concluded that while higher-protein diets probably lead to improvements in weight loss and reductions in waist circumference compared to lower-protein diets, the differences are only small and need to be balanced with potential harm. A second (2013) review of 15 long-term studies (at least 12 months) concluded that high-protein diets are neither beneficial nor detrimental for weight management, cardiovascular disease and blood glucose management and that there isn't currently enough evidence to recommend them. A more recent

(2021) systematic review and meta-analysis of 54 randomised controlled trials comparing higher- and lower-protein diets on cardiometabolic risk factors found that higher protein diets resulted in small but positive effects on weight loss, fat mass, systolic blood pressure and some blood fat levels compared to lower-protein diets. However, the researchers conclude that more studies are needed looking at the long-term effects of higher- versus lower-protein diets on diabetes-related outcomes, the incidence of diabetes and cardiovascular disease associated events in high-risk populations (the studies included in the review were in people without a diagnosed chronic health condition).

In their 2023 Standards of Care (which are updated annually based on the latest evidence), the American Diabetes Association say that there is no evidence that adjusting protein intake from typical intakes will improve health and that research is inconclusive regarding the ideal amount of dietary protein to optimise either

blood glucose management or cardiovascular disease risk. They suggest that protein intake should be individualised based on a person's current eating patterns. However, they note that there is some research to show that meal plans including slightly higher levels of protein (20–30%) may contribute to increased satiety and help in the management of type 2 diabetes.

### **TOO MUCH OF A GOOD THING?**

While we need protein, there is some evidence that eating too much isn't good for our health. In a study of adults aged 50 years and over, the chances of dying from diabetes were significantly higher in those who consumed moderate or high intakes of protein compared to those with lower protein intakes. The same study found that those aged 50–65 years who ate more protein had a 75% increase in overall mortality and were four times more likely to die from cancer. And several studies have now shown that higher intakes of



## nutrition

red meat and processed meats, typical of most high-protein diets, are linked with a higher risk of type 2 diabetes, heart disease, bowel cancer and overall mortality. There are also possible negative effects of very high protein intakes on kidney function, particularly in those with underlying kidney disease, which is more common in those with diabetes.

As we age, however, there may be a case for a higher protein diet. Our protein needs increase after we hit 70 due to age-related changes in protein metabolism. Our appetites and energy needs also tend to fall, which means that protein should make up a greater proportion of our total energy intake. Extra protein at this time may help to support good health, promote recovery from illness, and maintain muscle mass and physical function. In fact, in the study mentioned above, which found a higher risk of overall and cancer mortality with higher protein intakes in 50-65 year olds, the opposite was seen in older study subjects. In other words, higher protein intakes in the older age group reduced mortality risk.

### THE SOURCE MATTERS: PLANT VERSUS ANIMAL PROTEIN

The risks associated with eating more protein may come down to the source of the protein. Several studies have found that higher intakes of total and animal protein are associated with an increased risk of type 2 diabetes, whereas higher plant protein intakes tend to be associated with lower risk. As discussed above, high intakes of red and processed meats are

associated with an increased risk of type 2 diabetes and other chronic health conditions. And low-carbohydrate diets based on animal foods have been associated with higher all-cause mortality, while plant-based low-carb diets are associated with a lower risk of mortality. Plant protein has also been shown to be more favourable than animal protein for blood pressure and risk of heart disease. And for those with diabetes-related kidney disease, soy protein has been found to slow the progression of kidney disease compared to animal protein, particularly red meat. However, dairy foods, particularly yoghurt, are associated with a lower risk of type 2 diabetes.

### THE TAKE-HOME MESSAGE ON PROTEIN

Having a bit more protein in your diet can help to keep you satisfied and may help with weight management. It is particularly important to get enough as we get older. But for most people, protein needs are easy to meet from your usual diet and there is no need to add extra protein from powders, bars or other manufactured 'high protein' foods, many of which are highly processed and don't necessarily provide the other nutrients found in protein-rich whole foods. It is also important to consider where your protein comes from. Avoid processed meats, limit red meat and choose more fish, plant proteins such as legumes, nuts and soy foods, and dairy foods. These foods don't only provide protein, but also other key nutrients important for good health.

## WHERE TO FIND PROTEIN

**Most foods we eat contain some protein, but the main protein sources in our diet are:**

Lean meat, poultry, fish and seafood

Eggs

Dairy foods, including milk, yoghurt and cheese

Legumes (lentils and dried beans and peas)

Soy foods like tofu, tempeh and soymilk

Nuts and seeds

Wholegrains, particularly quinoa, buckwheat and amaranth

### Protein content of some common foods

|                               |     |
|-------------------------------|-----|
| Lean fillet steak (100g raw)  | 22g |
| Chicken breast (100g raw)     | 22g |
| Salmon fillet (100g raw)      | 21g |
| Firm tofu 150g                | 18g |
| Tuna, small can (95g)         | 18g |
| Lentils (1 cup cooked)        | 18g |
| Baked beans (220g can)        | 11g |
| Chickpeas (1 cup cooked)      | 11g |
| 40g (2 slices) cheddar cheese | 10g |
| 1 glass (200ml) low fat milk  | 10g |
| Low fat Greek yoghurt 150g    | 11g |
| Quinoa (1 cup cooked)         | 7g  |
| Boiled egg                    | 6g  |
| Almonds 30g                   | 6g  |
| Natural muesli, ½ cup         | 6g  |





“

Having a bit more protein in your diet can help to keep you satisfied and may help with weight management.

PHOTOGRAPHY GETTY IMAGES



# STANDING

# PLEASE REMAIN





So many of us think that if we go for a 30-minute brisk walk or do a gym session after spending most of the day sitting at our desks that we're doing as much as we need to for good health. But we now know that the benefits gained from those physical activities can be impacted by how much time we spend sitting.

We need to be asking ourselves how much time we spend sedentary throughout the day as well as how much physical activity we're doing, explains Head of the Baker-Deakin Institute for Physical Activity Professor David Dunstan, in order to draw a more accurate picture of how healthy our lifestyle really is.

### Is just doing exercise enough?

We've long been told by our GPs and health professionals that we need to get more exercise on multiple days of the week for general good health and to help manage disease, including type 2 diabetes.

However, now we know that the benefits of physical activity – including what you get out of that exercise – is, in fact, related to how much time you also spend sitting during the day.

If, for example, you were seated for nine hours then did half an hour of exercise, obviously there'd be health benefits from that physical activity, but the nine hours spent seated beforehand can undo some of the positive effects of the exercise.

We have recently published the most comprehensive review of research into the physiology of sedentary behaviour, finding that prolonged and uninterrupted time spent being sedentary – including sitting at our work desks for hours at a time or sitting watching TV for long periods – contributes to insulin resistance, vascular dysfunction, increased total body fat mass, and inflammation, among other things.

Studies have also shown that reducing or interrupting sedentary behaviour with activity improves body composition, metabolism and cardiovascular health outcomes. So, while exercise is clearly good for you, it's important for our health and well-being to manage both of these health risk behaviours.

Put simply, we have to break up this accumulation of sitting time to restart our muscles' engines and reduce those health risks by regularly standing up and, ideally, moving around. The underlying message is that we need to identify opportunities throughout the day to sit less, move more and get some exercise.





## HEALTH RISKS AND SEDENTARY BEHAVIOUR

Sedentary behaviour is defined as any waking behaviour characterised by a low energy expenditure while sitting or lying down. It occupies a high proportion of adults' waking hours and is associated with an increased risk of early mortality and chronic diseases, including obesity, cardiovascular disease, certain cancers, and type 2 diabetes.

Research has also shown that acute exposure to prolonged sitting – about 13.5 hours per day and less than 4000 steps per day – not only prevented the traditional exercise-related benefits in the body's circulating fats after eating, but it also prevented improvements in post-meal blood glucose and insulin responses in healthy adults. For people living with type 2 diabetes, reducing and breaking up sitting time with activity has been found to have beneficial effects on important markers like blood glucose control and insulin levels.



### What we need to do

So, what should we do? The holy grail is to sit less, move more and get some exercise. But firstly, we need to ask ourselves how much time is spent sedentary alongside how much physical activity we are doing. Our doctors are encouraged to begin asking this question too.

If you determine that you spend less than four hours sitting per day and participate between 30 and 60 minutes of physical activity each day, based on the current scientific evidence, your risk of early death would be considered low, however, increase that sedentary time to between four and six hours, and your risk increases to low-medium, or an increased risk of 1 – 15%.

If you exercise for less than five minutes a day and sit for less than four hours, you're at medium risk, but if your sedentary time is eight hours – a working day – your risk of early death is high, in fact, about 45% higher.

If you're not currently managing to do any exercise, the evidence clearly suggests that you should be. Those many health benefits that can stem from doing some exercise are clear. It might be helpful to use a stepped approach if you're new to exercising, and gradually build up to increased physical activity. Your starting point should be sitting less.



## HOW TO MOVE MORE

There are some simple ways to help you break up sedentary behaviour:

- If you're desk-based, try moving your bin or printer further away from your workstation, forcing you to get up more frequently.
- Drink from a small water glass, encouraging you to get up to fill your glass more frequently.
- Set an alarm for every 30 minutes to remind you to get up and move around.
- Take walking meetings at work or stand up for an agenda item during an office-based meeting.
- If you're driving for long periods, pull over and stand up when you hear the news bulletin on the radio or when your podcast ends.
- Wear a smart watch and listen to its alerts that it's time to get up and move.
- Invest in a standing desk.
- Stand up when the ads are on if you're watching commercial TV.

## CURRENT RESEARCH

Currently, 280 Australians develop diabetes every day — that's one person every five minutes — and type 2 diabetes prevalence is particularly high among middle-aged and older workers. We are also seeing a rise in sedentary behaviour since working from home has become more commonplace.

Given we know that higher levels of sedentary behaviour are linked with an increased risk of type 2 diabetes and that it significantly impacts the effective management of it, our physical activity experts at the Baker Heart and Diabetes Institute are conducting a study – the first of this kind – to help find solutions to address the increasing global type 2 diabetes burden.

We are recruiting desk-based workers living with type 2 diabetes to our OPTIMISE study in the hope that we can find a clear avenue to address our increasing diabetes burden and further understand its relationship with sedentary behaviour.

As part of the study, based in Melbourne, we hope to track whether reducing and breaking up sitting time helps with participants' glycaemic control. The six-month intervention portion of the trial involves health-coaching, use of a complementary sit-stand workstation and a physical activity app.



Information about how you can get involved can be found at [baker.edu.au/research/clinical-trials/optimise-study](https://baker.edu.au/research/clinical-trials/optimise-study)



## Do you doubt your ability to manage your diabetes or reach your goals?

Try these small steps to grow your confidence and foster self-trust.

### Speak up

“You have to be an advocate for yourself,” says Sara Lasker, a certified diabetes educator who’s lived with type 1 for over 35 years. If speaking up is a challenge, it can help to start small. At your next appointment, try asking your healthcare team to help you create one specific goal, such as eating a healthy breakfast each morning or checking your BGLs every day before lunch.

### Celebrate small wins

Daily life with diabetes is filled with little moments of success – and you deserve to celebrate! Give yourself credit for small victories: checking your BGLs twice in one day or choosing to cook at home instead of eating out. Think of a reward system to track small wins, such as putting

stickers on a fridge calendar. Plan to have a larger celebration each time you hit 20 small achievements.

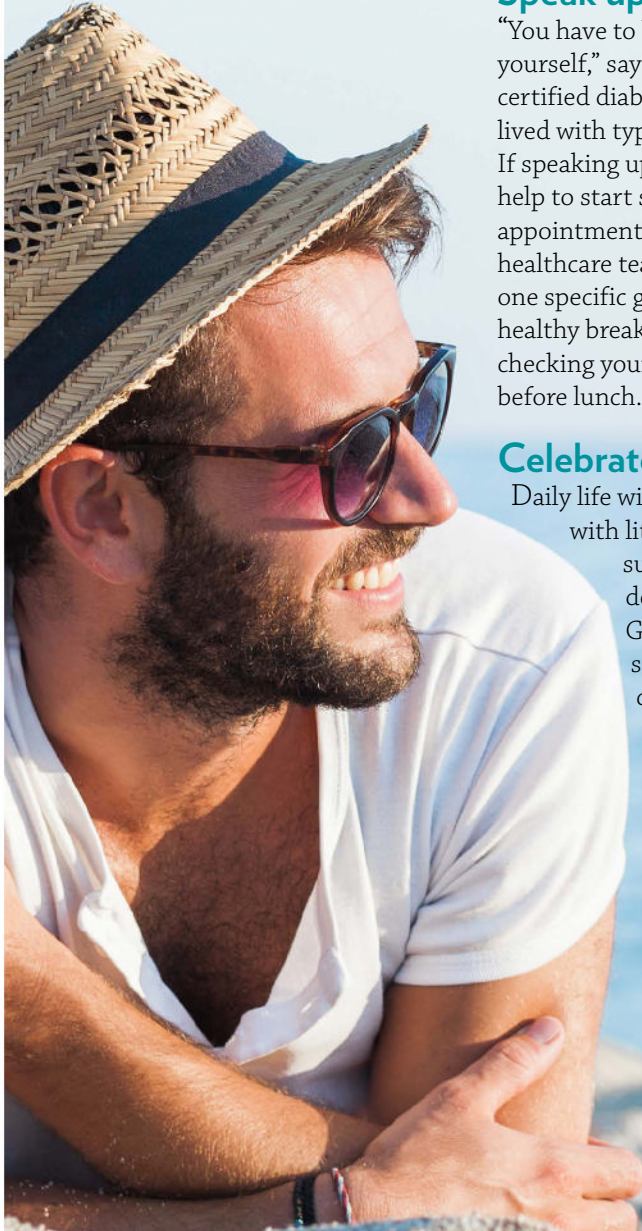
### Make empowered choices

“You always have a choice,” says Lasker. You don’t always have to pick the healthiest option, but you should make sure you’re making choices for the right reasons. “You can have a brownie, but don’t make that choice out of rebelling against your disease,” she says. If you want dessert or feel like skipping a workout one day, make that part of your plan. Just remember to adjust your carbs and medication accordingly.

### Learn to let go

Nobody’s perfect, but the way you talk to yourself during those imperfect moments can make all the difference. “You can beat yourself up for an off blood [glucose] reading or you can learn from it,” urges Lasker. When you catch yourself thinking negatively, stop, take a deep breath, reflect on what happened, and let it go

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*Boost your*  
**CONFIDENCE**



Learning how to dish up sensible servings is the key to losing weight while eating well and feeling full.



# PORTION CAUTION!



**I**n today's world of double-patty burgers, value meals and all-you-can-eat buffets, it's easy to forget what a sensible serving should look like. Counting kilojoules, carbs and fats is only part of the weight-loss equation. Even if you're choosing healthy foods, you could still be eating more than you need. Judging portion sizes by sight is an important technique that can help you when you're trying to lose weight. By simply downsizing some of your portions and increasing others, you can trim kilojoules from your plate and kilos from your frame without going hungry. Here are some tips...

## Measure up

Check with a dietitian about how much you should eat, based on your weight, height and activity level. Ask for suggestions on portion sizes, then measure foods using scales, measuring cups or spoons. After two weeks, you'll have a good idea of how portions should look. Use the same-sized cup, plate and bowl every day, and you'll soon find that assigning yourself the right portion becomes automatic.

## Eat out, don't blow out

Eating out means surrendering some control over your food options. But there are strategies to help you make a smart choice. In a restaurant, making a selection that suits your dietary needs – choosing entrées with a side of salad greens or steamed vegetables instead of sizeable mains is one way to make sure you keep the balance right. Opting for a half-portion of a main is another. If you're faced with an all-you-can-eat buffet, give the options a swift once-over before you join the queue so you can identify the healthier foods. Follow the plate-pattern guide over the page to

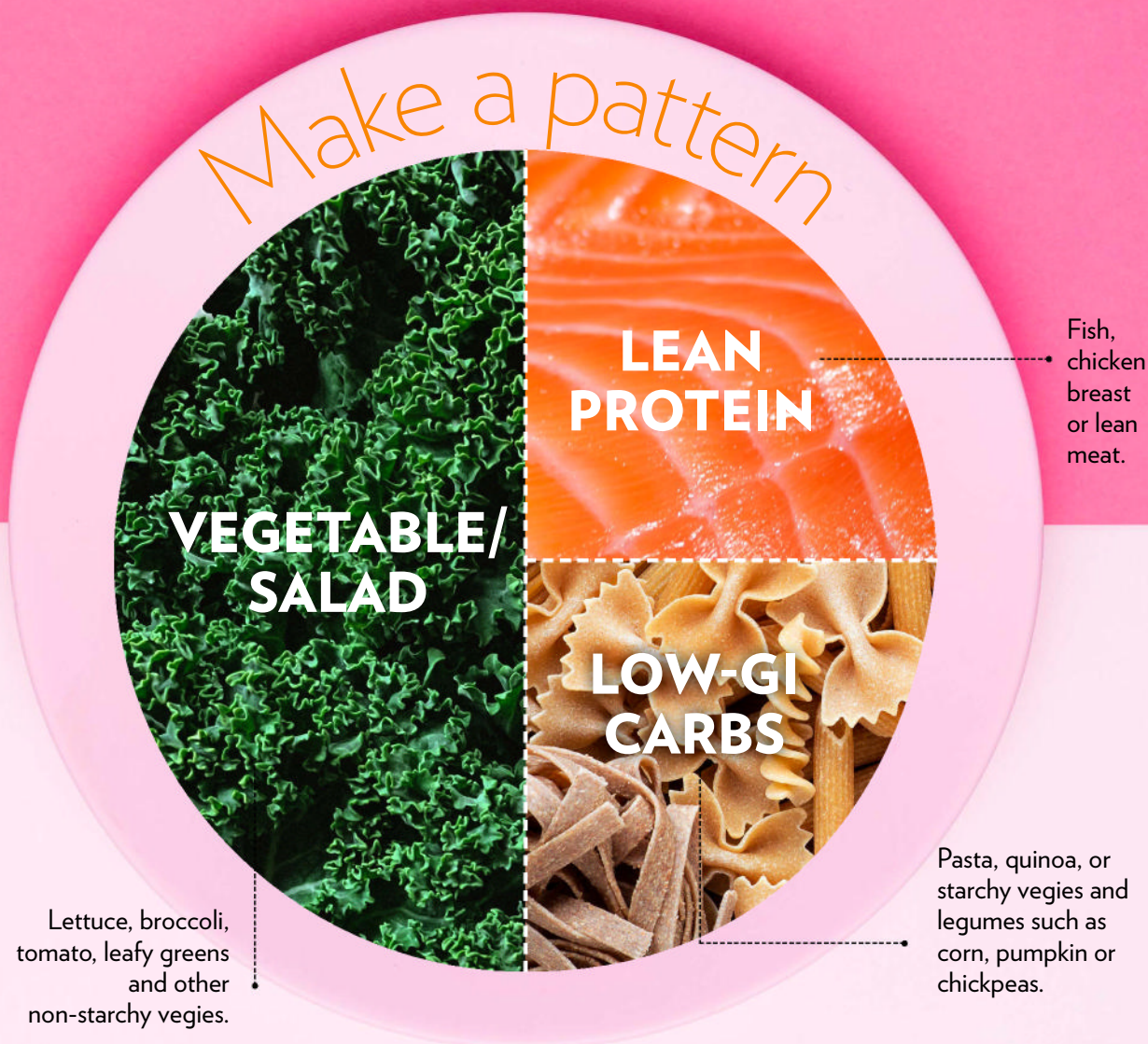
see how you can pile your plate wisely. Also, calculate your carb limits beforehand to keep your blood glucose levels in check. Most of all, remember that eating everything in sight is no bargain if it harms your health.

Eating at a friend's place means that, unless you give them advanced warning of your dietary needs, – fair enough when you have diabetes – you may find yourself faced with food that doesn't suit. Explaining your dietary limitations ahead of time can help your host to make an appropriate meal for you. Or, you can offer to bring a plate – a colourful salad, for instance – that will be a welcome addition to everyone's menu.

One strategy that will discourage overeating when you dine out is to have a nutritious snack beforehand, such as a bowl of low-carb vegetable soup or a large green salad – so you're not ravenous by the time you sit down at the restaurant.







## TOO MUCH ON YOUR PLATE?

There's a simple way to control portions and ensure you get the ideal balance of nutrients with each meal – the plate-pattern method. Fill half of your plate with non-starchy vegetables such as lettuce, broccoli, tomato, cabbage or bok choy (these are the vegies that are light on kilojoules and have minimal blood glucose impact). Then, fill a quarter of the plate with low-GI starchy vegetables, such as corn, butternut pumpkin and

parsnip, starchy legumes, such as chickpeas, soybeans or haricot beans, or a carbohydrate food such as pasta, Doongara rice or quinoa. Fill the final quarter with a lean protein food such as fish, chicken breast or lean meat. A cup of fruit or light dairy (milk, yoghurt or cheese) may go on the side. The key is to use the same pattern consistently when you prepare meals and to avoid piling your food higher than a deck of cards.

### A GROWING TREND

In recent years, dinner plates have grown from 23cm to the more fashionable, restaurant-sized 27cm, which may explain the expanding Aussie waistline. What we should remember is that few restaurants utilise all this space – more likely, the larger the plate the smaller the serving. The trick at home is to fill only the inner rim of your plate – usually 20cm.



# Wise up on your vegies

While vegetables are a nutritional powerhouse essential to a balanced diet, it's important to know the difference between starchy and non-starchy varieties – and how each affects your BGLs and weight.

## STARCHY VEGETABLES AND LEGUMES

Starchy vegies, such as potatoes and parsnips, and legumes, such as chickpeas, have the same amount of carbohydrates as breads and cereals. Each portion (typically 1 cup) equals about 15g of carbohydrates, or one carb exchange. Aim to fill a quarter of your plate with these. Other foods in this category include all beans (baked, black, garbanzo, kidney, lima, pinto, white, navy), carrot, corn, lentils, mixed vegetables (with corn, peas or carrot) and sweet potato. As a protein and a carbohydrate, legumes are an alternative to lean meat, poultry and fish as well as the potato, pasta or rice on your plate.

## NON-STARCHY VEGETABLES

Celery, tomato, lettuce and other non-starchy vegies are virtually carbohydrate free and kilojoule free, which means you can eat as many as you like.

Dietitians recommend including five serves of vegetables a day (each about the size of your fist), and you should aim to fill half of your plate with these. Other vegetables in this category include artichoke, asparagus, green beans, beetroot, broccoli, brussels sprouts, cabbage, capsicum, cauliflower, cucumber, eggplant, leek, lettuce, mushroom, onion, radish, spinach, squash and zucchini.





## Pick one-portion packages

- Opt for single-serve packets if buying prepackaged foods – such as sultanas or diced fruit, nut and seed mixes – so you can easily check the kilojoule count.
- Plan ahead to avoid temptation when buying in bulk. Take the time to divide the snacks and put them in small bags so you always have a few options to hand.
- If you buy a pack of six chicken breasts or pork chops, freeze the ones you aren't using immediately.
- When cooking double portions of a recipe, freeze the extras immediately, so you won't be tempted to eat more than the ideal portion size.

## Lend a hand

- When you're in a restaurant or supermarket and you want to make a snap judgement on portion size, there's nothing handier than... well, your hand.
- Your palm generally tallies with the ideal portion of cooked lean meat, fish or poultry (that's around 60g for children, 85g for women and 100g for men) you should have in a day.
- A fist equals about 1 cup, the equivalent of a serve of starchy vegetables or cereal, green salad or fresh fruit. Remember, you need five fist-sized servings of vegetables daily and two of fruit.
- The length of your thumb is roughly equivalent to 1 tablespoon, making it the ideal gauge for a serve of salad dressing.
- The tip of your thumb equates to about a ½ teaspoon – the amount of olive oil you should allow yourself for cooking (and a good reason to use it in spray form).

## Use visual reminders

When you're unsure of how big a portion should be, use everyday objects as your sizing yardstick.



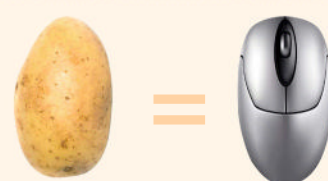
**How big a muffin?**  
Think a large egg.



**How much fresh fruit?**  
Think a tennis ball.



**How much avocado?**  
Think a large car key.



**How big a potato?**  
Think a computer mouse.



**How much salad?** Think a cricket ball.



**How much peanut butter?**  
Think two marbles.



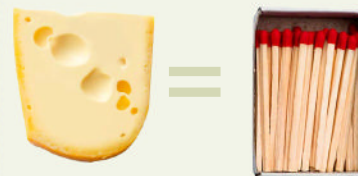
**How many nuts?** Think a golf ball.



**How much cooked vegies?**  
Think a fist.



**How big a pancake?** Think a CD.



**How much cheese?** Think a matchbox.

## Stay in check

Controlling portion sizes and monitoring your blood glucose levels can add up to weight-loss success. The key is finding a system that works for you. These methods for estimating portion sizes work most of the time. However, you should, occasionally, measure your portions to make sure they aren't getting bigger. Try to make this a fortnightly ritual (or recheck if you notice that your BGLs are going up).



# How do we do menopause?

An empowering guide for women ageing on their own terms

Journalist Melissa Doyle and TV producer Naima Brown's recently published book, *How to Age Against the Machine*, is a handbook full of accessible helpful advice for women (and those who love them) as they get older and experience a challenging and potentially exciting new phase of life.

How to  
An empowering guide  
Age  
Against  
the Machine  
for women ageing on their own terms

MELISSA  
DOYLE

NAIMA  
BROWN

This is an edited extract from *How To Age Against The Machine* by Melissa Doyle and Naima Brown published by Hardie Grant Books, RRP \$45 Available in stores nationally.





## book extract

As women, menopause is a feature of our ageing. It is, in many ways, the backdrop to everything else we talk about in this book. While we are navigating the changes in our families, our work and our relationships, menopause is there, impacting and influencing us. So it's no surprise that you'll read about menopause again in different contexts throughout this book – from sex and intimacy (how menopause changes our relationship to sex) to power (have you ever wondered what it's like to experience menopause while in prison?) and more.

In chapter 5, we will give you all of the information you need to care for your body as it grows older – the dos and don'ts (spoiler: do exercise, don't smoke). But there are a few arrows we want you to have in your quiver when it comes to specifically surviving menopause.

### MENTAL HEALTH AND RESILIENCE

If perimenopause and menopause and all their inherent symptoms, alongside all the other challenges that ageing can bring with it, don't make you feel like you need some help, that might be a minor miracle. This is a pivotal time in your life that brings with it seismic changes, many of which are unpleasant and uncomfortable. Add in the hormonal changes taking place in your brain and body, which can exacerbate feelings of anxiety and depression, and you might find this is the time to add a good therapist to your team.

Feeling like we're losing our minds, our selves, our cool-calm-and-collectedness – and our car keys – is, for many women, the hardest part of menopause. Chapter 3 will dive into the deep end of what our minds need at this time in our lives.



## HORMONE SUPPORT

By this point you are well aware that the root of most of the perimenopausal and menopausal challenges we face are hormonal. Some of us may choose to get hormone replacement therapy (HRT), also known as menopausal hormone therapy (MHT). Hot flushes and night sweats can get so overwhelming and severe for some women that they seek medical treatment. Many women who've undergone a hysterectomy will also require HRT to help them with such an abrupt transition into menopause.

HRT contains oestrogen and sometimes progesterone. It has been known to reduce hot flushes and night sweats by around 80%. Some studies have shown additional benefits to HRT including reducing the risk of developing diabetes and preventing osteoporosis, and there may be

some data that indicates your chances of developing bowel cancer or cardiovascular disease may be reduced through HRT.

However, as with any medical intervention, there can be side effects. These range from some vaginal bleeding to breast tenderness, bloating and nausea – all of which do generally subside. There may also be more serious risks.

What is clear is that there is no one-size-fits-all approach to menopause, and to how to treat your own personal menopause symptoms. For all of these reasons, it's so important you have a GP or personal doctor that you can really trust. On that note ...

## PICK A GREAT DOCTOR

Maybe you've had the same GP since you were a kid. Or maybe your GP was great throughout most of your life, but as you've entered perimenopause, you've noticed their knowledge and understanding of where you are in your life is waning. There is a lot of new territory that you're navigating. Whether you're deciding if HRT is right for you, wondering if you should seek mental health support or wanting to strengthen your bones, it's imperative you've got the

right doctor. Given what we have learned about the medical establishment's many blind spots when it comes to women's health, it is even more critical you've got someone in your corner who's staying on top of all the most recent developments in this space.

One of the buoys we can all swim to as we navigate the choppy waters of menopause is the fact that it happens to all women. While our specific symptoms and challenges may at times make us feel isolated, chances are we are all experiencing many of the same things. We wanted to settle in more deeply with this idea, so Naima proposed experiencing a Women's Circle in Byron Bay. Naima grew up amid the counterculture of northern California, so she had been to more goddess circles and women's ceremonies than she could count. For Mel, on the other hand, it was new territory, and it came with its fair share of nerves. After all, she was only just beginning to wrap her head around how her life was shifting as she entered her fifties. Sharing her experiences – and her fears and worries – with a circle of strangers was daunting.

Despite our different experiences, the Women's Circle was revelatory



# PICK A GREAT DOCTOR

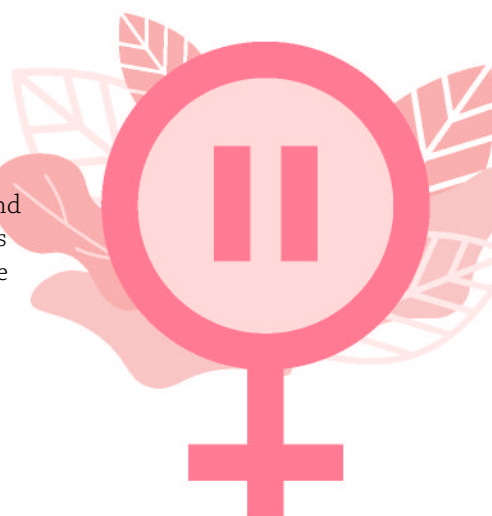
## Here are some tips on finding the right doctor for your menopausal years and beyond.

**1. Feeling a little guilty about changing doctors?** Don't. It's OK to seek out someone new now. If you'd like to, you can explain your motivations to your current doctor, maybe even send them a thank-you card, but either way move forward confidently.

**2. Consult with an organisation or society focused on menopause.** The Australasian Menopause Society has a database of doctors who have specialised skills when it comes to menopause and ageing.



for us both as we learnt about the important role that menopause and ageing play in the cycle of our lives as women. Murielle, our incredible facilitator, explained how all of nature's cycles mirror our lives as women – we can see ourselves in the seasons and in the phases of the moon. We begin in the spring of our lives – **the Maiden phase** – in which our youth and fertility are in full bloom. From there, we merge into summer, **the Mother phase**, where we give birth – literally, metaphorically or both. Then we enter **the Maga phase** – the autumn of our lives – before we flow into winter, our **Crone phase**, where we complete the wheel of life and death. Our Women's Circle was focused on the often-neglected Maga phase – this is the menopausal phase, where we slow down but our lives are still busy and vital. We learnt to see this time of our lives – after the outward-looking summer, but before the quiet, inward sleep of winter – as a time of integration, of changing colour, of preparation and relief. It is the time after our 'full moon' phase, but before we enter **the Crone phase** – where we will be aged women readying ourselves for our transition to the end of life.



*We discussed  
hot flushes and  
ageing parents,  
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lives.*

What followed was a vulnerable, heartfelt, honest and sometimes tearful exchange of experiences and challenges. We discussed hot flushes and ageing parents, kids leaving home, changes at work, insomnia, emotions that seemed out of control ... and just really dug into the changes taking place at this time in our lives.

When it was Mel's time to speak, she thought she'd be ready. After all, her entire career has been about conversation and connection, and she's no stranger to audiences. But she found that when it was her turn to tell her story, the tears flowed.

'There's just a lot of things shifting,' Mel shared. 'I'm trying to get my head around it, and it's just a bit harder than I expected. I've always been very busy and always have a lot of purpose and focus. And then it is just changes in life. Changes in my career. Changes in my family. My parents are ageing. My son is about to leave home and move overseas. My little girl's going through her final years of school.'

My dad is getting older and he'll need more care. My mother-in-law has just fallen and she's in hospital.

'So I'm sorry for the tears. Life's changes have always been exciting for me but suddenly right now it's a

**3. Become an expert on your body.** Start to chart your menstrual cycles, so you know how much they are shifting and changing. Keep a diary of your symptoms, or anything new or different you're experiencing – including emotional changes. Gather as much family history as you can. The more you know about you, the easier it will be to find a doctor who can be your best medical ally.

**4. Talk to other women.** Chances are you're not alone. In fact, statistically speaking, you are definitely not alone. Ask for recommendations – and ask for the specific reasons why a particular GP was useful during menopause. You may even want to consider bringing a trusted friend or even your partner along with you to meet a potential new doctor. They may have questions or insights that didn't occur to you.

**5. Don't wait.** Remember how we learned that perimenopause can start years before we officially hit menopause? We might be navigating changes in our bodies, our hormones and our mental health long before we are officially categorising ourselves as menopausal. If you've had any inkling that your current doctor isn't the right fit when it comes to 'women's issues', make the change early and establish a relationship now. One less thing to do when the hot flushes and mood swings come on heavy, right?





*Carving out  
time with other  
women who are  
going through  
what you're going  
through is vital.*

bit daunting. I think up until this point I was always looking forward to all the things that turning fifty would bring, but then every now and then some of the things that I can't actually control get a little overwhelming, and I'm just trying to navigate them.

'So I don't know why I'm crying. It must be some beautiful oil in the room that's making it spring forth.'

Yeah... it wasn't the oil. It was the safety of a circle of women who know exactly what you're talking about because they are living it, too.

This circle was one of the first things that we did as we set out on the journey that would culminate with this book – and the experience has stayed with us. Carving out time with other women who are going through what you're going through is vital. It could be in a Women's Circle, or it could just be catching up regularly with girlfriends you trust. No matter what works for you, the goal is to help you feel more visible and less crazy, and to deepen your connection to this time in your life and to the sisterhood.

### **MENOPAUSE AGAINST THE MACHINE**

Back in our introduction, we said (or, rather,

shouted) that all women are not ageing equally. This applies to menopause as well. In this chapter we've talked about actions we can take to ease the menopause process – from therapy to a great doctor, to HRT – and every single one of these things costs money and resources that are simply out of reach for far too many of us. Even the notion of taking a little time off to care for ourselves is a privilege.

Perhaps you've heard the term 'period poverty', which has gained important traction in recent years? It refers to the many women who don't have access to basic sanitary items and facilities with which they can experience safe and stigma-free menstruation. This idea applies to menopause as well. Heavy bleeding requires access to sanitary pads and clean water. Hot flushes can be eased by ice packs or air conditioning. Many symptoms of menopause are alleviated by exercise and nutrition – utter luxuries.

We are mindful of that thing we do as women when we minimise our own pain or our own challenges by saying that it's not as bad as someone else's suffering. It's important we acknowledge how difficult menopause can be even for women who have access to all the tools. But we think we can hold both of these truths together – and, if you're anything like us, there's nothing that helps manage big, powerful emotions more than action. So if you're feeling some menopausal rage, and you have the means to do so, consider doing some research and finding organisations in your neck of the woods that assist menopausal women who may not have access to vital resources.

After all, we've got to stick together, ladies. As we'll discover in the next chapter, sticking together can literally save our lives.



There are so many things that can disrupt our sleep. Factor in some common diabetes symptoms and you have a recipe for poor quality sleep.

## 1 Chasing the Sandman

Studies have shown that up to a third of people living with diabetes also suffer from a related sleep disorder. Some of the most common factors that disturb sleep include frequent nighttime urination, nocturnal hypoglycaemia (low blood glucose at night), peripheral neuropathy (nerve damage in hands and feet leading to pain, numbness and tingling), restless leg syndrome and sleep disordered breathing (such as sleep apnoea).

## 2 Essential zzz's

The importance of good quality sleep cannot be overemphasised. Sleeping less than six to seven hours a night has been linked to an increased risk of obesity, type 2 diabetes, and heart disease. Sleep deprivation has been linked to high BGLs due to its effect on insulin resistance and cortisol levels. Likewise, elevated sugars can disrupt sleep patterns. Inadequate sleep can also increase your

appetite and make you crave "comfort" foods that are high in fat and carbohydrates, perpetuating the cycle of elevated BGLs and poor sleep patterns.

## 3 How much is enough?

The amount of sleep needed per night varies on an individual basis, with factors like age, genetics and daily activities playing a part. In general, seven to eight hours is considered normal for most adults, keeping in mind that over-sleeping can have a similar impact on health as under-sleeping. You can generally tell if you are getting enough sleep by how well you function throughout the day. If you still feel very tired and/or are not functioning well, despite getting enough sleep, then it's time to pay your health care professional a visit.

## 4 Nightly snorechestra

Sleep apnoea is the most common sleep disorder affecting people with diabetes.

There is a strong link between the two conditions and while one doesn't necessarily cause the other, you are more likely to experience sleep apnoea if you are overweight. Many people who suffer from sleep apnoea are unaware of it, with common symptoms being snoring and feeling tired and unrefreshed after sleeping.

## 5 Slumber party

Thankfully, there's a lot you can do to improve your sleep:

- Eat a healthy, balanced diet to help manage BGLs
- Exercise regularly, 30 minutes a day has been shown to improve sleep quality and duration
- Introduce a regular sleep schedule (consistency with sleeping and waking times)
- Avoid eating large meals and consuming alcohol and caffeine close to bedtime
- Ensure your bedroom is a sleep-friendly environment - dark, quiet and cool
- Avoid screen time for at least an hour before bed
- Seek treatment for sleep apnoea if necessary

WORDS ERIN ROBERTS; ILLUSTRATION GETTY IMAGES

# 5 NEED-TO-KNOW FACTS ABOUT... diabetes & sleep





It's never too late to create a new habit, and doing so can have a positive lifelong impact. Consider this your guide to

# BUILDING HEALTHY HABITS



**M**uch of diabetes self-management involves building new health-related habits. DL Magazine dietitian and diabetes educator, Dr Kate Marsh, discusses some of the research around building habits and how you can use this to support you in managing your diabetes and improving your overall health and wellbeing.

## What are habits?

Habits are routine behaviours or actions that we perform each day, often unconsciously. They develop through repetition and become part of our everyday life, accounting for a large proportion of our daily behaviours. Habits can be either positive or negative and can affect various aspects of our life, including our health. In fact, habits drive many of our daily health-related behaviours.

Health-related habits are behaviours and routines that you take part in regularly and which can affect your physical and mental wellbeing.

## Examples of positive health-related habits include:

- Eating a healthy diet
- Exercising regularly
- Getting adequate good quality sleep
- Managing stress levels
- Having regular health checks

## Examples of negative health-related habits include:

- Emotional eating
- Excessive screen time
- Drinking too much alcohol to manage stress levels
- Smoking
- Being physically inactive

The good news is that, with conscious effort, you can change





your habits, including breaking negative habits and building positive ones.

### Why habits matter

An important part of optimising health is building routine health behaviours that form new habits.

Once a behaviour becomes a habit, it's easier to stick with it because habits require less conscious effort and decision making.

When presented with a choice, we typically pick the option that is the easiest, quickest and most enjoyable, and this may not be the best choice for our health. Once you build a habit, you have less decisions to make, and it's more likely that your behaviours will be

ones that support rather than hinder your health.

### The habit loop

The habit loop is a framework for understanding how habits form and how they can be changed. It comprises three main parts: the cue, the routine and the reward.

The cue is the trigger that initiates the habitual behaviour. It can include things such as location, time, your emotional state, the people around you, or your last action. For example, feeling stressed at work could be a cue to reaching for some chocolate to eat.

The routine is the habit or repeated behaviour itself. These behaviours may be conscious or

unconscious, but often become automatic with time. For example, when you are feeling stressed, you engage in emotional eating.

The reward reinforces the habit, helping you to maintain your habits. In this example, eating chocolate provides immediate comfort and enjoyment.

If we apply this to building positive health-related habits, the cue could be an alarm on your phone at 9pm that reminds you to start getting ready for bed, the routine is being in bed by 9.30pm and the reward is a good night's sleep and waking feeling refreshed and with good energy levels to start the next day.

Habits become ingrained through repetition of the habit loop.



“

**To create a new habit you need to make it obvious, attractive, easy and satisfying. To break a bad habit you need to make it invisible, unattractive, difficult and unsatisfying.**

## Building healthy habits

In an article titled 'Making health habitual: the psychology of 'habit-formation', researchers from the Health Behaviour Research Center at the University College of London suggest the following steps for building a new healthy habit:

- Decide on a goal that you would like to achieve for your health.
- Choose a simple action that will get you towards your goal, which you can do on a daily basis.
- Plan when and where you will do your chosen action. Be consistent: choose a time and place that you encounter every day of the week.
- Every time you encounter that time and place, do the action.

The researchers say that the action will get easier with time, and within 10 weeks you should find you are doing it automatically without even having to think about it.

For example, if your goal is to eat more vegetables, you might decide that with every dinner meal (when) at home (where) you will fill half of your plate with vegetables (action). Or if you have a goal of being more active, you might decide that you will walk for 15 minutes (action) around the local park (where) after breakfast each morning (when).

## Behaviour change in practice

In his bestselling book, *Atomic Habits*, author James Clear discusses a framework for creating good habits and breaking bad ones

based on the four laws of behaviour change. To create a new habit, he says, you need to make it obvious, attractive, easy and satisfying. To break a bad habit, on the other hand, you need to make it invisible, unattractive, difficult, and unsatisfying.

### TO CREATE A NEW HABIT:

- Make it obvious
- Make it attractive
- Make it easy
- Make it satisfying

### TO BREAK A BAD HABIT:

- Make it invisible
- Make it unattractive
- Make it difficult
- Making unsatisfying

### Let's look at this in practice.

If you are aiming to build a habit of eating fruit in place of other snack foods, you could:

- Keep a bowl of fresh fruit on the kitchen bench or store fruit at eye-level in the fridge where you will see it easily (make it obvious)
- Buy a selection of your favourite fruit each week (make it attractive)
- Pack a few pieces of fresh fruit to take to work, in place of other snack foods (make it easy)
- Track your daily fruit intake so you can see your progress (make it satisfying)

If you want to build a habit of walking in the mornings, you could:

- Set out your workout clothes the night before so they are the first thing you see when you wake up (make it obvious)
- Choose somewhere nice to walk, such as along the beach, around a local park or a bushwalk (make it attractive)
- Rather than aiming for an hour, start with 10 or 15 minutes (make it easy) and gradually increase this over time
- Notice how much better you feel after your morning walk and use this as motivation to keep up your walking habit (make it satisfying)

And if you want to break the habit of staying up late scrolling social media on your phone and not getting enough sleep, you could:

- Delete social media apps from your phone (make it invisible)
- Learn about the impact of excess screen time and inadequate sleep on your health (make it unattractive)
- Put your phone away in another room after a certain time at night (make it difficult)
- Consider how you feel when you wake up tired and lacking energy after another night of poor sleep (make it unsatisfying)

ILLUSTRATIONS GETTY IMAGES



## A FEW FINAL TIPS

A few other tips for building healthy habits include:

**Starting small.** Simple actions become habitual more quickly and this can increase your self-confidence for working towards other health promoting habits.

Small changes, repeated consistently over time, can also lead to significant health benefits.

**Think long term.** Rather than trying to overhaul your entire lifestyle at once, start with one or two habits and slowly add more, aiming to build habits and routines that you can maintain in the long-term.

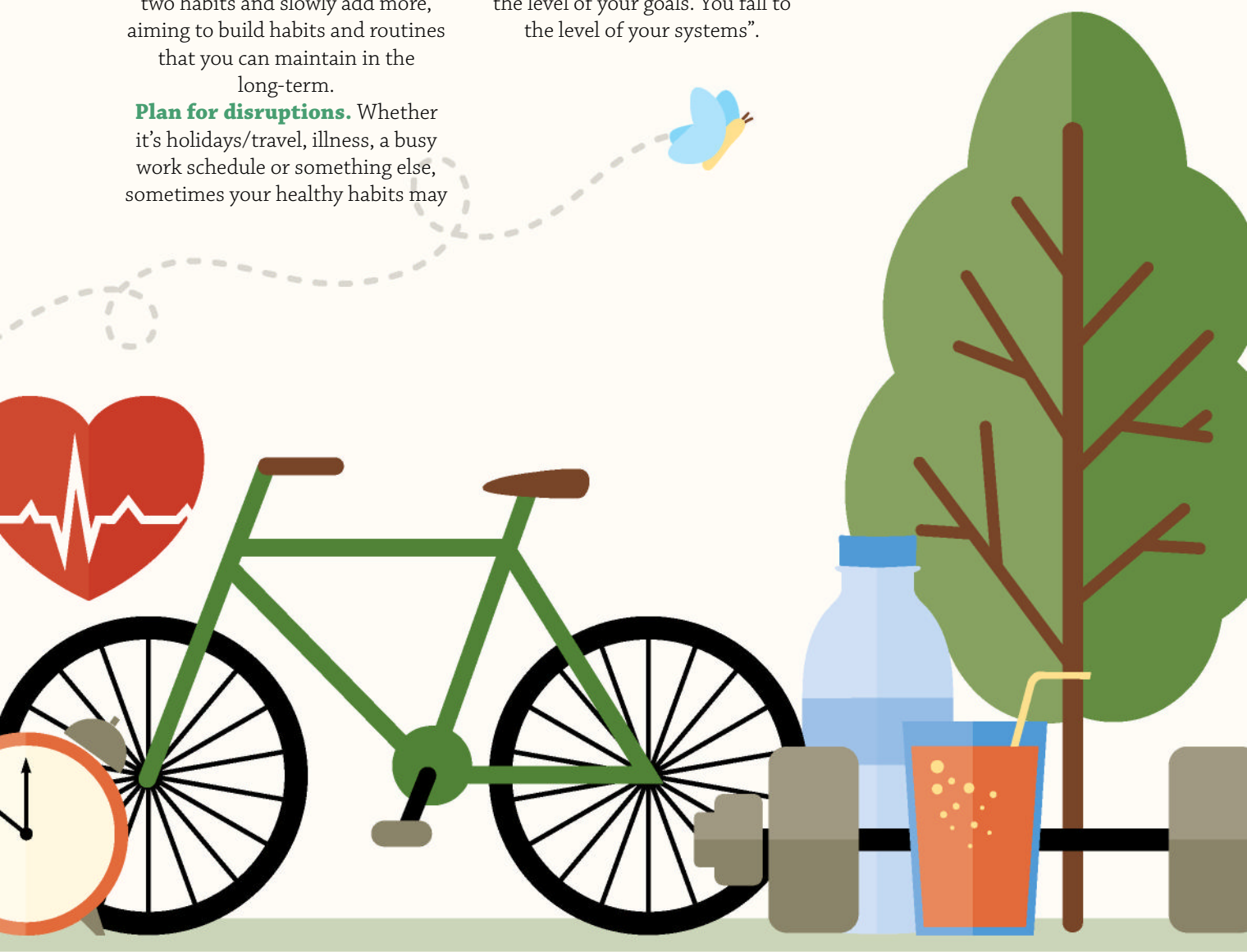
**Plan for disruptions.** Whether it's holidays/travel, illness, a busy work schedule or something else, sometimes your healthy habits may

be hard to maintain. The key is not to let the habits go completely and to have a plan for how you will reestablish your health routines when the disruption ends (for example, when you return from holidays).

**Focus on systems** (the collection of daily habits that help you to achieve your desired outcomes) rather than goals (the results you want to achieve). As James Clear says in his book, "You don't rise to the level of your goals. You fall to the level of your systems".

### Build identity-based habits.

Another recommendation from Clear is to shape your identity to align with your desired behaviours. Every action you take, he explains, then becomes a vote for the type of person you wish to become. For example if you have decided to quit smoking and someone offers you a cigarette, tell them you are a non-smoker rather than that you are trying to quit.





my story

# “Nobody was thinking it could be diabetes.”

Fiona lost her mum to diabetes complications in 2022, not long before receiving her own diagnosis of type 2. Her mum's struggle with the disease prompted Fiona and her sister to get their health checked out.

“Mum had diabetes for about 15 years. The problem with my mum was that she was allergic to most medication. She had high blood pressure but she would have allergic reactions to the medicine. So mostly, she wasn't taking anything [to manage her diabetes]. She tried to take insulin but wasn't able to tolerate it. She became unwell before Christmas in 2021. They said it was a silent heart attack, which I believe was a result of her diabetes. Then she

had a stroke. She was in hospital for 12 days before she died, in January 2022.

After Mum passed, my sister and I got our health checked out. In the end, Mum's heart was only working at 20 per cent so we both had an ECG done and we were told our hearts were fine. Last year during those check-ups I had a full blood count done and I was told that I wasn't even pre-diabetic. But now I'm diabetic. I was only diagnosed a couple of weeks ago.

I started having problems about six or seven years ago when I quit smoking. I had always had quite low blood pressure but after I quit smoking, I gained a lot of weight and developed high blood pressure. A blood test about a month before my diagnosis showed that I had high sugar levels. And I knew then. I just knew. I cut out sugar and alcohol completely. I've lost six kilos in about a month and a half. I also had to cut out red meat because I was told I have haemochromatosis, which is too much iron in your blood.

## The road to a diagnosis

Thinking back now, I realise that I was having symptoms for years. I've dealt with a lot of health issues in the past few years, and about three years ago I had back surgery, and had a lot of chronic pain. I wasn't as active as I should have been due to that, and I noticed I was getting swollen feet, fluid retention and tingling in my fingers and my feet. I was also



WORDS AS TOLD TO ERIN ROBERTS. MAIN IMAGE GETTY IMAGES. PHOTOGRAPHY SUPPLIED



FIONA AND  
CHAD IN  
TUSCANYFIONA IS DETERMINED  
THAT HER KIDS, ALYSSA  
AND NOAH, WILL BE  
ABLE TO RECOGNISE THE  
SYMPTOMS OF DIABETES

having blurred vision. Even after everything my mum went through, I didn't know these could be signs of diabetes! I do wish I'd spoken to her more about her diabetes because maybe then I would have known what to look out for. I think it's important for people with diabetes to talk to their families about their symptoms.

I did tell my GP about all these symptoms but he would say, "Oh, you just need to lose weight." And the pins and needles were put down to my back issues, as I had a disc that was crushing my sciatic nerve. I saw an optometrist about my blurry vision, they said my eyes looked ok and gave me a prescription for glasses. Nobody was connecting these things and thinking it could be diabetes.

My sister came with me when I was diagnosed because it's really worrying for my family after everything that happened with my mum. When we saw the doctor, I said, "I've got diabetes, haven't I?" The answer was yes. I got a bit teary then.

## A promising start

I've started taking Metformin and my BGLs have come down a lot in only a week. When I did the glucose test it was about 14 but now it's around 5 or 6, two hours after eating. So it's working and every day I'm thankful that even though I've had all these health problems like Mum, I'm not allergic to medications the way she was.

I'm trying to change my habits and start exercising more, that's the hard part for me, with work and family life. My sister joined a gym last year after Mum died because she wanted to get fitter and healthier. I joined this year but I do get worried about my back. And when I get off work at the end of the day I find it really hard to motivate myself! I'll get there eventually. I like to get out for walks, I try not to let excuses get in the way.

## The glass is half full

I had about a month between knowing I had high blood sugars

and being diagnosed, and I remember saying to my sister, I'm worried that if I'm not diabetic, I'll go back to the bad way of eating and drinking soft drink. It's funny but I know that's how my brain works. If I'm told I have a problem and it's caused by something I'm doing, I will stop doing it. When I was told about the high sugars, I started living better – and feeling better because of it – and I was scared that I would just pick up all those bad habits again if I had no reason to continue. Even though I was upset when I was diagnosed, I'm also optimistic about the future because I know I have medications that can help me, and the changes I've made in my life are making a positive difference.

Everyone keeps saying to me, I don't know how you can do it, no sugar, no alcohol, no red meat! And I say, well, I don't want to die young. If I don't do these things, I might die. And I know my mum didn't want to die, she told the doctors in the hospital. So I've got to try to fix it, for her. For me."



*my story*

**“I’m not doing this  
for recognition – I’m  
doing this because I still  
want that cure.”**

ELLIE MAGUIRE, TYPE 1

**ON A RECENT TRIP  
TO TASMANIA,  
ELLIE CLIMBED  
CRADLE  
MOUNTAIN**



Ellie Maguire, 26, loves her job as a paramedic in Melbourne, but she's also incredibly passionate and proud of the advocacy work she's done with the Juvenile Diabetes Research Foundation (JDRF) for more than a decade. And on that front, she's far from finished.

“I remember the day I was diagnosed with type 1 diabetes like it was yesterday. I was 13, in year eight at school and it was my Dad's birthday, so Mum had organised for all of our family and friends to go out for dinner.

“Mum had also made a doctor's appointment for me, for that afternoon, because for a month or two prior, I'd been really thirsty and was going to the toilet a lot. But I was also training four or five times a week in athletics as a sprinter, as well as doing surf lifesaving. And, as a thirteen year old, I'd just started going through puberty too, so my symptoms all kind of added up and we just pushed it aside for a while.

“But I remember saying to Mum as we walked into that doctor's appointment that I was scared because I knew something was wrong. So did Mum because by that point, not only had my symptoms become extreme, I'd also started to lose weight.

“Mum just started spurting out what was going on to our GP, he pricked my finger, read the results and told me I had to go straight to the hospital. After that the rest of the night became a blur.”

### ***One comment had a big impact***

“I stayed in hospital for three days talking to endocrinologists and dietitians, nurses and diabetes educators trying to figure out what my life was going to consist of now. No one in my family has ever been diagnosed with diabetes so it wasn't something we were prepared for in any way.

“At one point, I remember asking ‘how long will I have to live with this for?’ to a lovely nurse who was looking after me. He said ‘this is something you'll have for the rest of your life but I'm almost 99 per cent sure that there'll be cure within 10 years’.

“It was that comment that really sparked my relationship with JDRF because it made me want to help, to help find this cure.

“When I was about 16, I answered a call to write about



## my story: type 1

how type 1 had impacted my life and that lead to me being invited to Government House in Canberra with JDRF where I got to meet the Prime Minister and my local MP at the time, who was Greg Hunt.

“About a year later, I got a phone call from one of the people who was running JDRF’s advocacy work who said they were looking for a lead advocate in Victoria and my name had come up multiple times.

“I wouldn’t wish my diagnosis on anyone, but it’s also true that having type 1 has given me so many incredible opportunities like speaking in Parliament, representing Australia in diabetes research and helping Greg Hunt, once he became Minister for Health, advocate for funding for continuous glucose monitoring, or CGM, and millions of dollars towards diabetes research.

“In 2020 I was named as the Mornington Peninsula Young Citizen of the Year for my contributions to JDRF and the T1 community. And in 2023 I was awarded a Paul Harris fellowship by the Rotary Club of Mount Martha for my ongoing commitment towards finding a cure and improved technologies for the T1 community.



**RECEIVING HER  
YOUNG CITIZEN  
OF THE YEAR  
AWARD IN 2020**



**ELLIE WITH HER  
FIANCE TREVOR**



**ELLIE HAS BEEN  
A PARAMEDIC  
WITH AMBULANCE  
VICTORIA SINCE  
2018**

“Awards like that are such an honour and are so humbling, but it also feels strange to be recognised for something I’d be doing anyway. I’m not doing this for recognition – I’m doing this because I still want that cure.”

### ***Embracing the game-changing technology***

“From day one of my diagnosis I was determined that diabetes wouldn’t control my life and I never let anyone take care of it for me either. I did my very first insulin injection myself because, while it was intimidating, it was my disease and I wanted to treat it myself.

“When I started my career as a paramedic, I realised very quickly that I needed to come up with other ways to manage my diabetes. I absolutely love my job – it’s something I’ve wanted to do since year 10. But, while shift work can be hard for anyone, not being able

to guarantee when I’d get a meal break or needing to just collapse into bed after a 14-hour shift and waking up an hour later with a hypo, wasn’t working.

Coincidentally, around the same time CGM came to Australia.

“I had to self-fund it back then, which was expensive, but it was a game changer for me. In the last 12 months I’ve also started using the Medtronic InPen which is fantastic. It allows me to manage my diabetes as if I’m wearing an insulin pump, without having to be attached to something around the clock.

“Now, not only do I have access to this amazing technology, I also get to see it in action for my patients on the road as a paramedic, which is wonderful.

“But my ultimate goal and dream is still to finally hear the words that diabetes has been cured. There’s a little saying that we have in our community that we want type 1 to become type none. Until that happens, I won’t stop advocating for it.”



**WITH HER DOGS  
TATE AND COCOA**



# Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that M=12, A=20, and B=21. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 2  | 13 | 16 | 20 | 11 | 19 |    | 13 | 19 | 20 | 3  | 20 | 16 | 4  |    | 3  | 8  | 20 | 6  | 15 | 2  |
|    | 14 |    | 19 |    | 6  |    | 19 |    | 21 |    | 19 |    | 6  |    | 14 |    | 19 |    | 18 |    |
| 17 | 19 | 6  | 21 |    | 5  | 8  | 20 | 5  | 6  |    | 13 | 20 | 17 | 20 | 15 |    | 6  | 26 | 3  | 8  |
|    | 5  |    | 24 |    | 18 |    | 26 |    | 4  |    | 8  |    | 15 |    | 26 |    | 21 |    | 5  |    |
| 19 | 20 | 25 | 12 | 20 | 15 |    | 14 | 16 | 6  | 17 | 20 | 12 | 6  |    | 18 | 10 | 6  | 15 | 3  | 18 |
|    |    | 18 |    |    | 18 | 17 | 14 |    | 15 |    |    |    | 7  | 14 | 9  |    |    |    | 19 |    |
| 12 | 18 | 2  | 8  | 18 | 4  |    | 15 | 24 | 17 | 17 | 18 | 26 | 25 |    | 26 | 16 | 18 | 12 | 14 | 16 |
|    | 19 |    | 6  |    |    |    |    |    | 19 |    | 10 |    |    |    |    |    | 12 |    | 26 |    |
| 21 | 14 | 15 | 2  | 20 | 6  |    | 11 | 20 | 25 | 19 | 20 | 6  | 4  |    | 26 | 14 | 24 | 3  | 8  | 25 |
|    | 22 |    |    |    | 17 | 14 | 14 |    |    |    | 3  |    | 18 | 20 | 16 |    |    | 24 |    |    |
| 21 | 24 | 16 | 4  | 18 | 15 |    | 12 | 14 | 19 | 19 | 24 | 2  | 3  |    | 6  | 15 | 21 | 16 | 18 | 4  |
|    | 18 |    | 20 |    | 14 |    | 20 |    | 14 |    | 20 |    | 6  |    | 13 |    | 19 |    | 9  |    |
| 17 | 15 | 20 | 11 |    | 21 | 20 | 15 | 23 | 14 |    | 26 | 6  | 4  | 20 | 19 |    | 6  | 12 | 13 | 2  |
|    | 3  |    | 15 |    | 19 |    | 19 |    | 2  |    | 18 |    | 18 |    | 18 |    | 26 |    | 18 |    |
| 19 | 18 | 2  | 2  | 18 | 18 |    | 25 | 6  | 18 | 19 | 4  | 18 | 4  |    | 4  | 20 | 1  | 1  | 19 | 18 |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

A

B



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

## ACROSS

- 1** Replant with trees (8)  
**6** Complete stop of activity (10)  
**13** Rejoice (5)  
**14** Top skin layer (9)  
**15** Time off from military duties (1,3,1)  
**16** Interior passage (7)  
**18** Eventful (9)  
**19** Senior (3)  
**20** From the area (5)  
**22** Go off like ---, leave quickly (1,4)  
**24** Audibly cry (3)  
**26** Pretend, put on (5)  
**28** Dissertation (6)  
**29** Publishing executive (6)  
**31** Frank ---, singer known as Ol' Blue Eyes (7)  
**32** Return to normal pressure (10)  
**34** Plans of procedure, schemes (10)  
**37** Middle Ages archery weapon (7)  
**38** Termination (6)  
**39** Disturbing experience (6)

- 41** Collection of singers (5)  
**42** Neither's partner (3)  
**43** Photocopy (5)  
**45** Finished, ceased (5)  
**46** Tibetan ox (3)  
**48** Group of classical musicians (9)  
**51** Of the side (7)  
**53** --- on the cake, the best aspect (5)  
**54** Estranged (9)  
**55** Betrayer of Jesus (5)  
**56** Electric torch (10)  
**57** Differ (8)

## DOWN

- 2** Identical, uniform (5)  
**3** Frequently (3)  
**4** Daily (8)  
**5** Be victorious (7)  
**6** Let off ---, release energies (5)  
**7** Manager (13)  
**8** Nightclub (5)  
**9** 1983 film starring Shirley Maclaine (5,2,10)

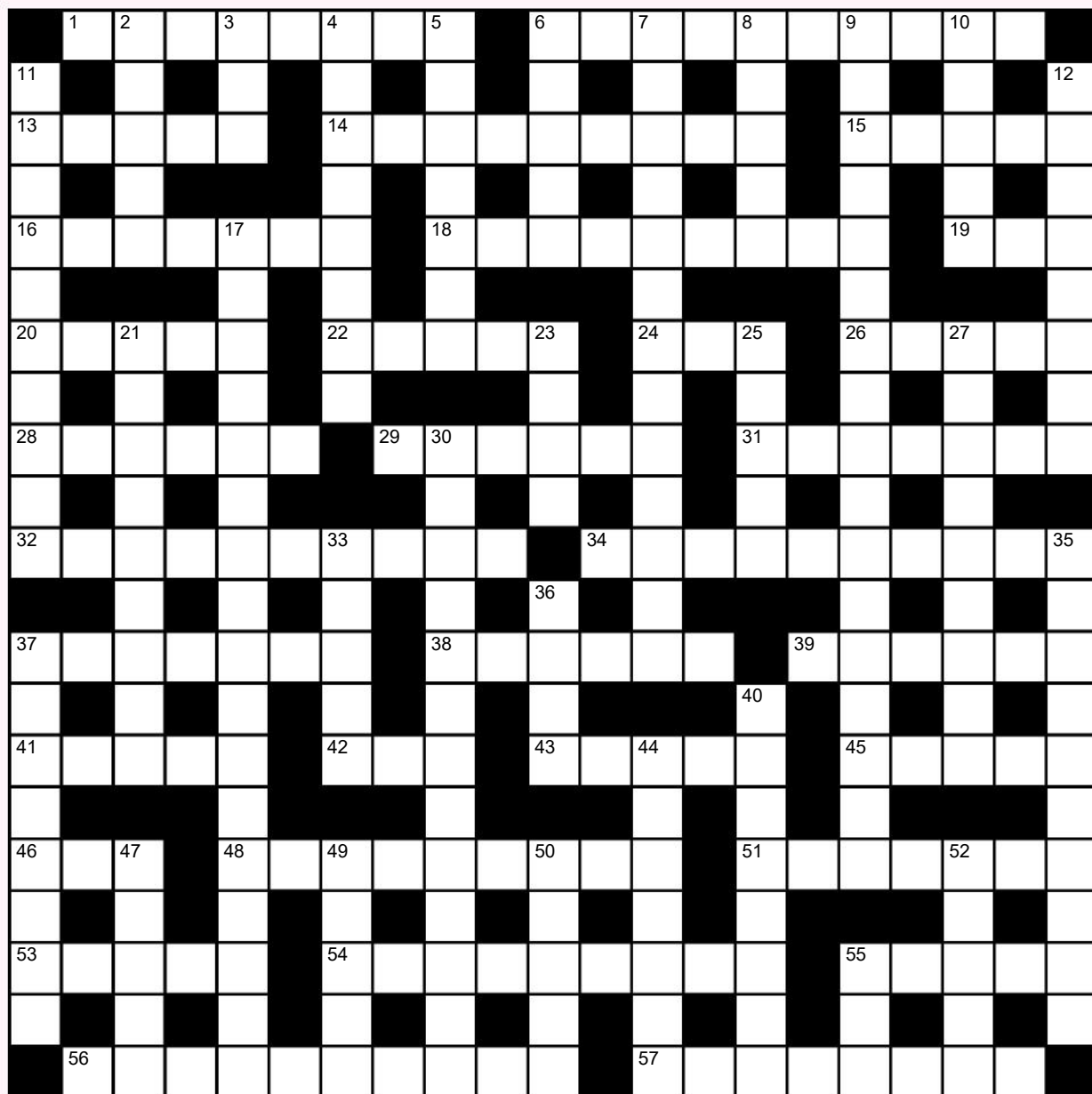
- 10** Jargon, slang (5)  
**11** --- spirits, metho (10)  
**12** Sideboard (8)  
**17** American writer whose unconventional works included *Naked Lunch* (7,1,9)  
**21** Gradual increase in sound (9)  
**23** British National Gallery (4)  
**25** --- nova, dance (5)  
**27** Fascinated (9)  
**30** Discouraging (13)  
**33** Mountain ash (5)  
**35** Cause shock and outrage (10)  
**36** Pinnacle, top (4)  
**37** Game where one takes a chance selecting unknown prizes (5,3)  
**40** Blows up (8)  
**44** Responded to (7)  
**47** Baleen whale food (5)  
**49** Move on all fours (5)  
**50** Belief (5)  
**52** Mountain crest (5)  
**55** Lively dance (3)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 3 |   | 1 |   | 5 |   |   |
|   | 4 | 9 |   |   |   | 2 | 8 |   |
|   |   |   | 4 |   |   | 9 |   |   |
| 9 |   |   |   | 3 |   |   | 6 |   |
|   |   | 4 |   |   |   | 8 |   |   |
|   | 5 |   |   | 8 |   |   |   | 4 |
|   |   | 7 |   |   | 8 |   |   |   |
|   | 9 | 6 |   |   |   | 3 | 1 |   |
|   |   | 8 |   | 2 |   | 6 |   |   |

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.





Turn upside down for puzzle solutions

**Across:** 1 Reforest, 6 Standstill, 13 Exult, 14 Epidermis, 15 R and R, 16 Highway, 18 Momentous, 19 Old, 20 Local, 22 A Shot, 24 Sob, 26 Feign, 28 Thesis, 29 Editor, 31 Sinatra, 32 Decompress, 34 Strategies, 37 Longbow, 38 Expiry, 39 Trauma, 41 Choir, 42 Nor, 43 Xerox, 45 Ended, 46 Yak, 48 Orchestra, 51 Lateral, 53 Icing, 54 Alienated, 55 Judas, 56 Flashlight, 57 Disagree.  
**Down:** 2 Equal, 3 Orf, 4 Everyday, 5 Triumph, 6 Stream, 7 Administrator, 8 Disco, 9 Terms Of Endearment, 10 Lingo, 11 Methyiated, 12 Credezza, 17 William S Burroughs, 21 Crescendo, 23 Tate, 25 Bossa, 27 Intrigued, 30 Dishheartening, 33 Rowan, 35 Scandalise, 36 Apex, 37 Lucky Dip, 40 Explodes, 44 Reacted, 47 Krill, 49 Crawl, 50 Tenet, 52 Ridge, 55 Jig.

## Crossword

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 8 | 9 | 2 | 3 | 6 | 7 | 5 |
| 2 | 9 | 6 | 7 | 4 | 5 | 3 | 1 | 8 |
| 5 | 3 | 7 | 1 | 6 | 8 | 4 | 2 | 9 |
| 3 | 5 | 2 | 6 | 8 | 7 | 1 | 9 | 4 |
| 6 | 7 | 4 | 2 | 9 | 1 | 8 | 5 | 3 |
| 9 | 8 | 1 | 5 | 3 | 4 | 7 | 6 | 2 |
| 8 | 6 | 5 | 4 | 7 | 2 | 9 | 3 | 1 |
| 1 | 4 | 9 | 3 | 5 | 6 | 2 | 8 | 7 |
| 7 | 2 | 3 | 8 | 1 | 9 | 5 | 4 | 6 |

## Sudoku

|    |   |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |    |    |    |    |    |    |   |
|----|---|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|----|----|----|----|----|----|---|
| 14 | O | N | 16 | R | 17 | G | 18 | E | 19 | L | 20 | A | 21 | B | 22 | Q | 23 | J  | 24 | U  | 25 | Y  | 26 | T |
| 1  | Z | 2 | S  | 3 | C  | 4 | D  | 5 | K  | 6 | I  | 7 | F  | 8 | H  | 9 | X  | 10 | V  | 11 | W  | 12 | M  | P |
| S  | P | R | A  | W | L  | P | L  | A | C  | A | R  | D | C  | H | A  | I | N  | S  | O  | L  | E  |    |    |   |
| G  | L | I | B  | K | H  | A | K  | I | P  | A | G  | A | N  | I | T  | C | H  |    |    |    |    |    |    |   |
| K  |   |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |    |    |    |    |    |    |   |
| L  | A | Y | M  | A | N  | I | E  | V | I  | N | C  | E |    |   |    |   |    |    |    |    |    |    |    |   |
| M  | E | S | H  | E | D  | N | U  | G | E  | T | Y  | T | R  | E | M  | O | R  |    |    |    |    |    |    |   |
| B  | O | N | S  | A | I  | W | A  | Y | L  | A | I  | D | T  | O | U  | C | H  | Y  |    |    |    |    |    |   |
| Q  |   |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |    |    |    |    |    |    |   |
| B  | U | R | D  | E | N  | M | O  | L | L  | U | S  | C | I  | N | B  | R | E  | D  |    |    |    |    |    |   |
| G  | N | A | W  | B | A  | N | J  | O | T  | I | D  | A | L  | I | M  | P | S  |    |    |    |    |    |    |   |
| C  | N | L | L  | S | E  | E | E  | E | E  | E | E  | E | E  | E | E  | E |    |    |    |    |    |    |    |   |
| L  | E | S | S  | S | E  | E | E  | E | E  | E | E  | E | E  | E | E  | E |    |    |    |    |    |    |    |   |

## Code Cracker



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## Editor's note

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*Alix*

Alix Davis, Editor

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## BREAKFAST & BRUNCH

- 86 Banana pancakes ●●●
- 85 Cardamom & peach quinoa porridge ●
- 86 Ham, mushroom & spinach frittata ●●
- 85 Kale, tomato & poached egg on toast ●●●

## LIGHT MEALS, SNACKS, SIDES & DRINKS

- 48 Air fryer sweet potato fries ●●●
- 5 Apple, celery, walnut & rocket salad ●●●
- 26 Avocado panzanella ●●
- 89 Berry slushie ●●
- 58 Cauliflower gratin with parmesan crumb ●
- 72 Crusted feta with rocket & watermelon salad ●●●
- 70 Grilled mango, tomato & burrata platter ●
- 40 Lamb koftas ●●
- 72 Marinated tomato salad ●●●
- 56 Ricotta, spinach, basil & lemon dip ●●●
- 34 Speedy sweet potato soup with coconut ●
- 66 Spinach with chickpeas, pine nuts & raisins ●●

- 70 Sticky eggplant & tomato salad ●●
- 89 Watermelon freeze ●●●
- 89 Yoghurt with mango & lime swirl ●●
- 41 Zucchini fritters ●●

## MAINS

- 49 Air fryer steak ●●
- 44 All-in-one creamy vegetable pasta ●
- 34 Asparagus pasta with mint pesto ●●●
- 25 Chicken souvlaki ●
- 18 Chicken tikka with spiced rice ●●
- 66 Chorizo & chickpea summer stew ●●
- 35 Fast-fix fried rice ●
- 35 Gnocchi bolognese with spinach ●
- 56 Orange & rosemary pork ●●
- 41 Pasta with parsley & hazelnut pesto ●●●
- 34 Pork tacos ●
- 25 Prawn & lime noodles ●
- 18 Prawn salad with orange, red onion & avocado ●
- 16 Roasted pumpkin with pesto & mozzarella ●●●

- 40 Sausage ragu ●●
- 74 Sichuan duck & watermelon salad ●●
- 65 Smoky chickpeas on toast ●●
- 40 Spaghetti with tomato, chilli & tuna salsa ●●
- 18 Stuffed zucchini ●●●
- 44 Thai pork with green mango salad ●
- 17 Thai-style fish broth with greens ●
- 26 Tuna, fennel & bean salad ●●

## DESSERTS

- 89 60-second dessert ●●
- 62 Baked cherry cheesecake ●●●
- 80 Cherry and apple fruit pies ●
- 78 Christmas biscuits ●●
- 80 Individual Christmas puddings ●
- 46 Little citrus puddings ●
- 59 Lower-carb Christmas-style pudding ●●
- 78 Mini fruit cakes ●
- 62 Summer cherry fruit salad ●●

PHOTOGRAPHY GETTY IMAGES

**KEY** ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



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# Now is a good time to plan your diabetes health checks for 2023.

**Diabetes can lead to complications, but with regular health checks you can identify problems early and put the best treatment in place.**

Ask your GP or practice nurse about getting a diabetes management plan. You may be eligible to get a Medicare rebate to see a diabetes health professional.

**Book in a health check today!**

## Your diabetes health checks

| Health check                                                             | When?             | Book in with a                                                                   |
|--------------------------------------------------------------------------|-------------------|----------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> HbA1c                                | Every 6-12 months | doctor, diabetes nurse practitioner or diabetes educator                         |
| <input checked="" type="checkbox"/> Blood pressure                       | Every 6 months    | GP, practice nurse or pharmacist                                                 |
| <input checked="" type="checkbox"/> Foot assessment for low risk feet    | Every year        | GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist |
| <input checked="" type="checkbox"/> Foot assessment for medium risk feet | Every 3-6 months  | GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist |
| <input checked="" type="checkbox"/> Foot assessment for high risk feet   | Every 1-3 months  | GP, diabetes educator, diabetes nurse practitioner, practice nurse or podiatrist |
| <input checked="" type="checkbox"/> Eye examination                      | Every 2 years     | optometrist or eye specialist                                                    |
| <input checked="" type="checkbox"/> Kidney health                        | Every year        | GP or diabetes specialist (endocrinologist)                                      |
| <input checked="" type="checkbox"/> Blood fats                           | Every year        | doctor                                                                           |
| <input checked="" type="checkbox"/> Weight assessment                    | Every 6 months    | doctor or diabetes health professional                                           |
| <input checked="" type="checkbox"/> Healthy eating review                | Every year        | dietitian                                                                        |
| <input checked="" type="checkbox"/> Physical activity review             | Every year        | exercise physiologist                                                            |
| <input checked="" type="checkbox"/> Medication review                    | Every year        | GP or pharmacist                                                                 |